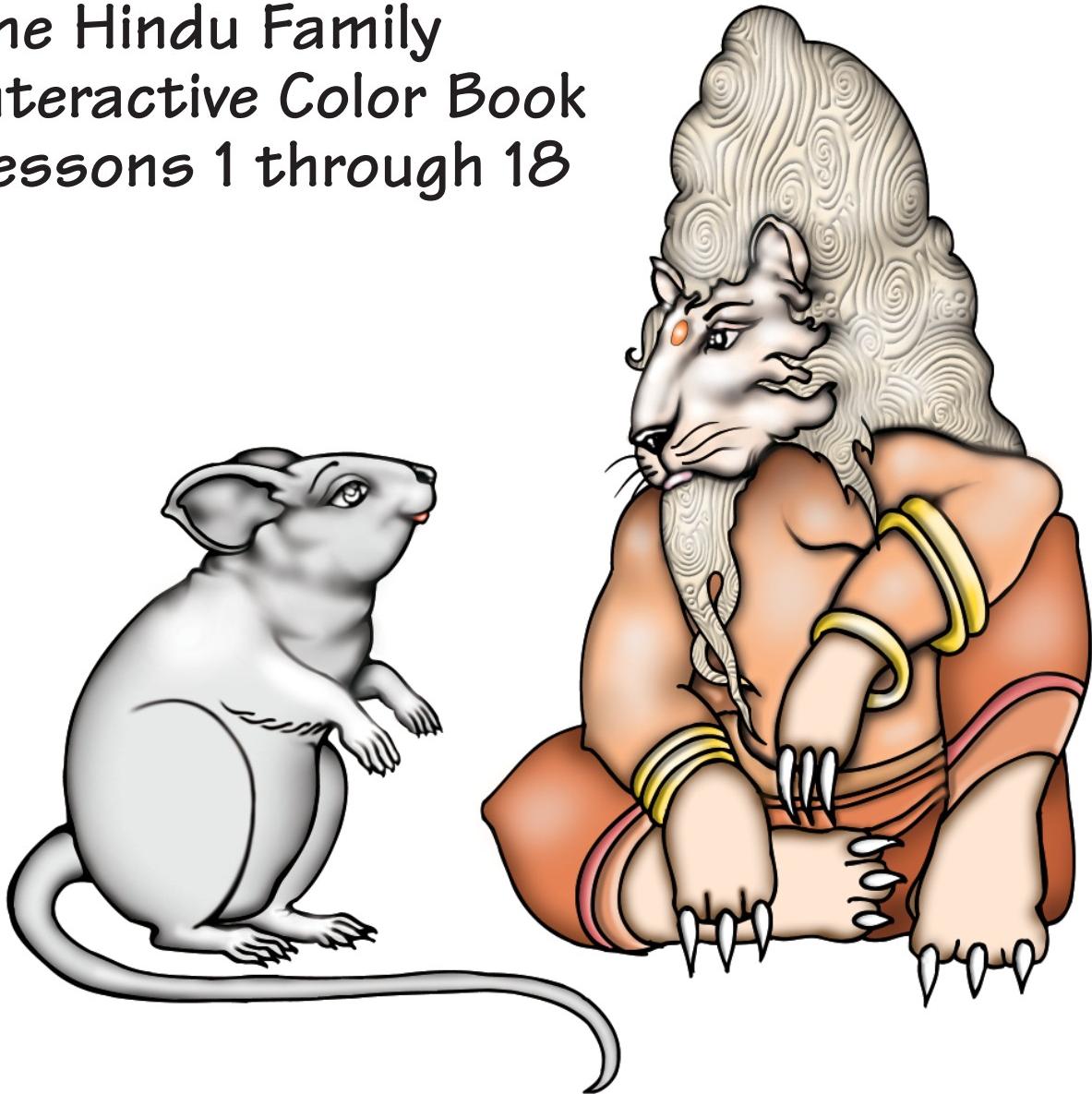


# Mystic Mouse

The Hindu Family  
Interactive Color Book  
Lessons 1 through 18



# Introduction and Dedication

*Mystic Mouse* is a children's story based on *Merging with Siva*, a book about yoga and the path of self-knowledge and divine understanding. It is the work of Satguru Sivaya Subramuniyaswami (1927-2001), whose monastery-temple complex in Hawaii teaches Saivite Hinduism.

In the story, Mystic Mouse's guru, the majestic Sage Lion, is none other than Gurudeva and even speaks his words straight from the text of *Merging with Siva* with only slight alteration for better understanding by children. Thus *Mystic Mouse* is a child's window into the Hindu spiritual world, and it can also serve as a children's coloring book.

Gurudeva taught us that the first gurus are a child's mother and father, and their first duty is to pass on the heritage of the great Hindu faith to their sons and daughters. He worked personally with his swamis to create and edit *Mystic Mouse* for Hindu families around the world. It is with great devotion that we dedicate this illustrated tale to Gurudeva in the hope that, as the years roll by, his vision of educating children in the ways of traditional Hinduism might be fulfilled even more magnificently than he would have expected.

First Edition

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*Mystic Mouse* is an illustrated children's book based on the advanced text *Merging with Siva, Hinduism's Contemporary Metaphysics*, published by Himalayan Academy. It embodies the core teachings of Sanatana Dharma in a modern form easily integrated by children, youth and the young at heart. All rights are reserved. This book may be used to share the Hindu Dharma with others on the spiritual path, but reproduced only with the publisher's prior written consent. Designed, typeset and illustrated by the *sannyasin swamis* of the Saiva Siddhanta Yoga Order, published by Himalayan Academy, 107 Kaholalele Road, Kapaa, Hawaii 96746-9304 USA. Printed and distributed globally by Kashika Publications, Trinidad.



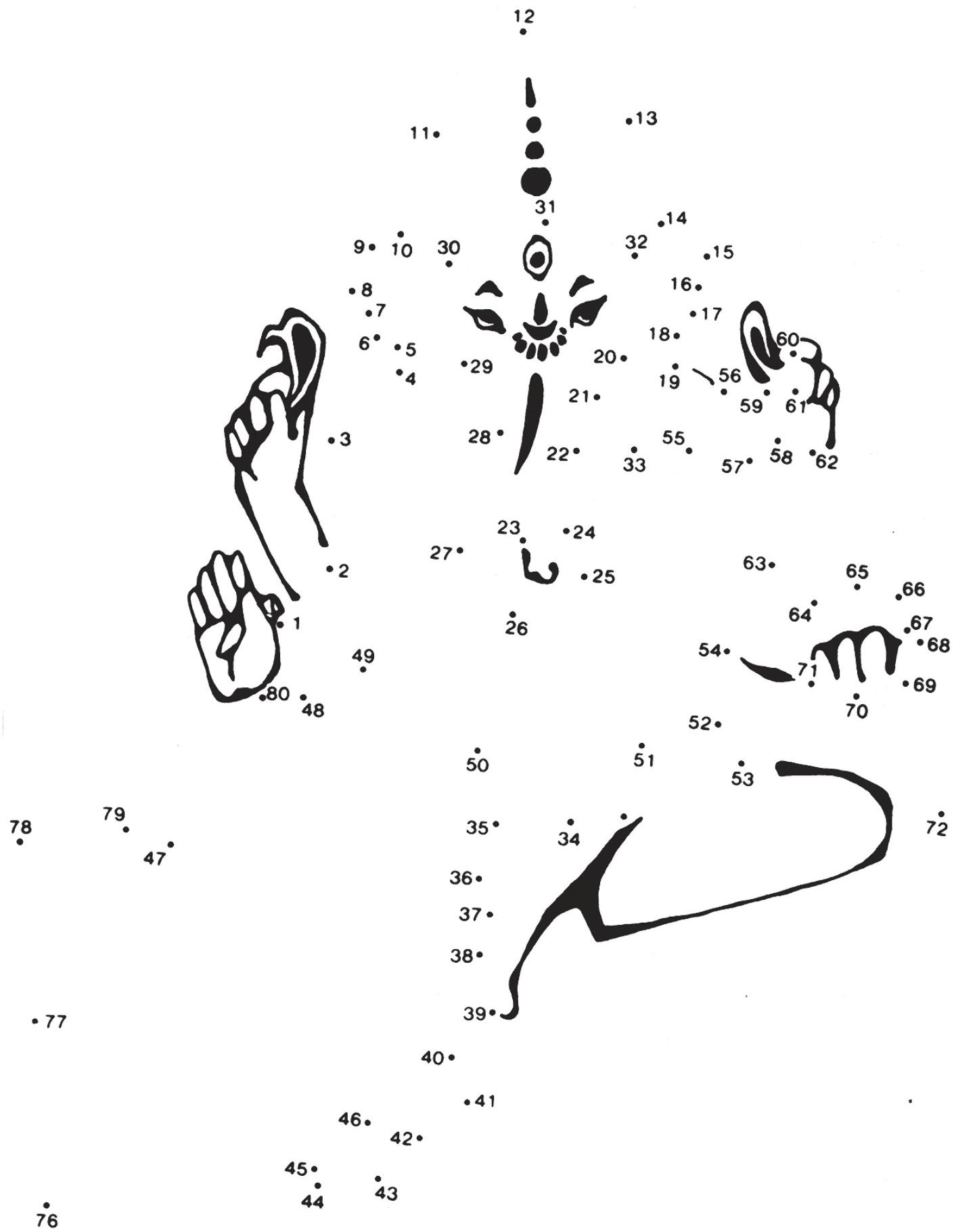
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# Are You Ready?

Based on Merging with Siva  
Part One, Chapter One:  
“How to Realize God”

शिवदर्शनं कथम्



Ha ha! That **IS** a difficult question. Let's start easier. What can I teach you?



Teach me how to realize God?

Very good. Knowing God **IS** life's goal, but you must go step by step.

ज्ञान



First, before we go any further I must tell you something very important:  
**You're not who you Think you are.**

Say

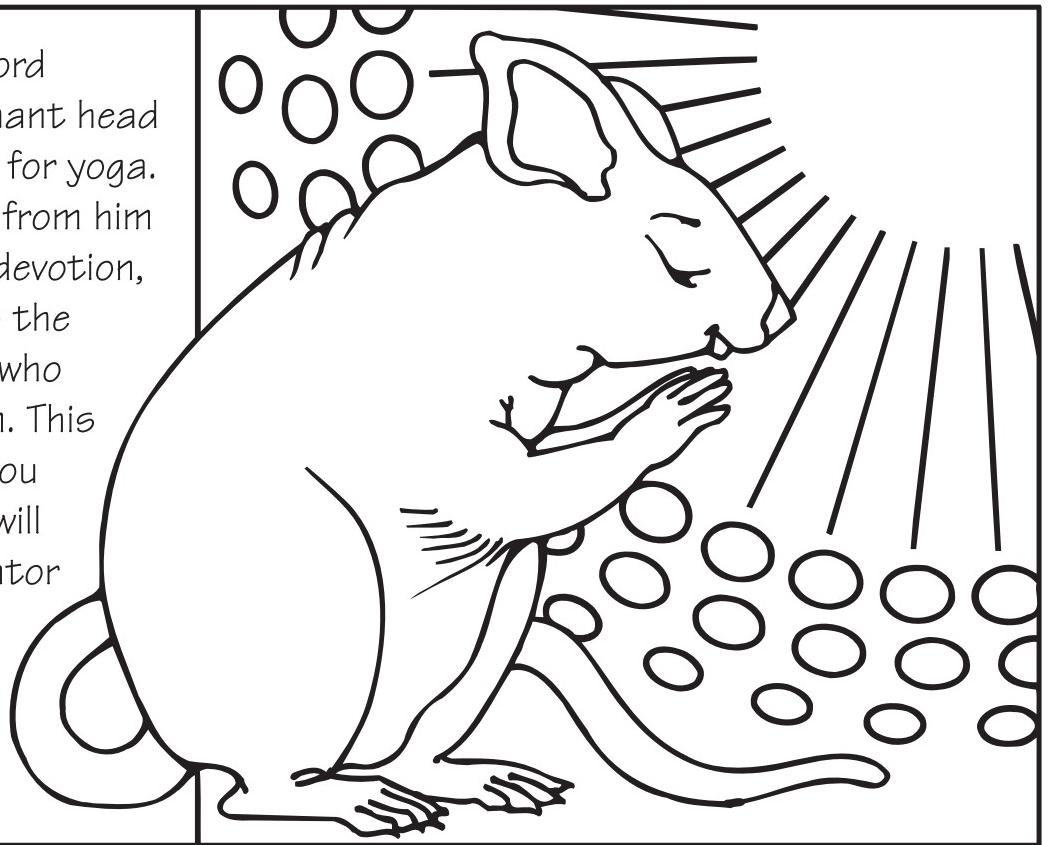
**What??!!!**



To know God you  
must know your  
Self. To know your  
Self you must  
practice yoga.

To practice yoga you must  
get to know first Lord  
Ganesha, than Lord  
Muruga and Lord Siva.

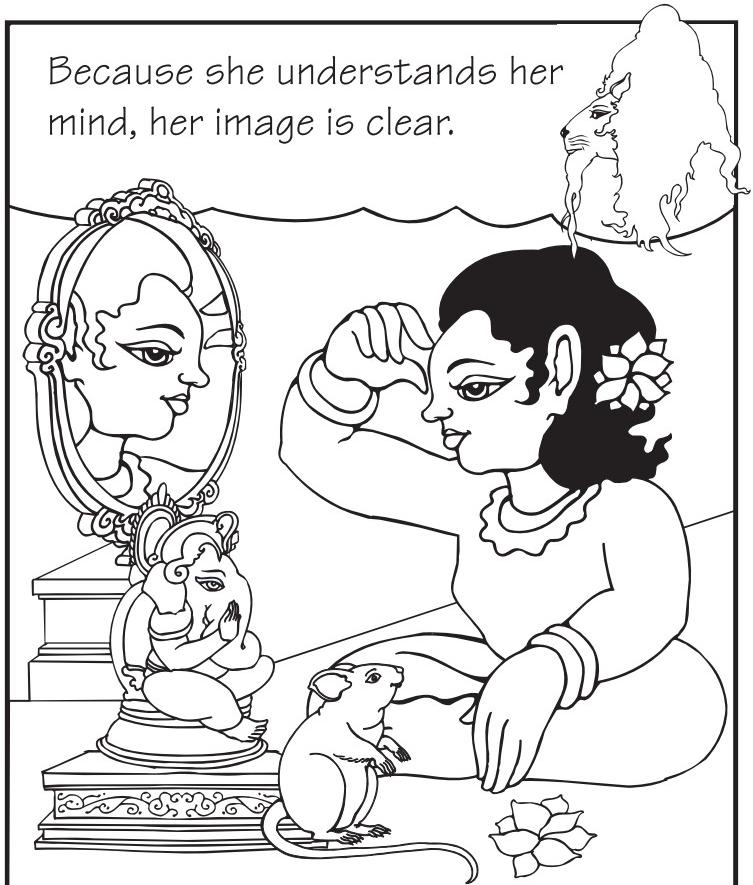
The great and happy Lord Ganesha with his elephant head will help you to prepare for yoga. When you have learned from him all about humility and devotion, he will introduce you to the beautiful Lord Muruga who holds the Vel of wisdom. This great God will assist you with yoga. In yoga you will find Lord Siva, the creator of all. There is only one thing that Lord Siva cannot do. He cannot get out of you.



Look over there at that girl.  
She sees her mirror image



Because she understands her mind, her image is clear.



Because she is not confused,  
she is happy. She Loves  
Lord Ganesha.

She rings the puja bell and sings.  
She feels close to Ganesha.  
She is content.



So now you see this rare young child.  
Can you do what she has done?

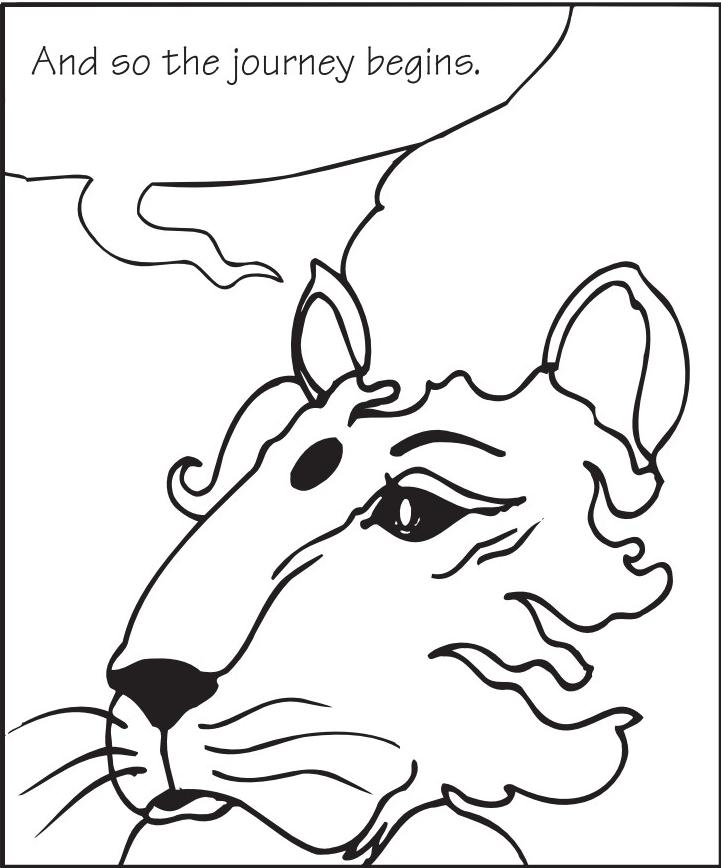
Well, you already are perfect.  
The question is:  
Can you live with that?



Un Oh!

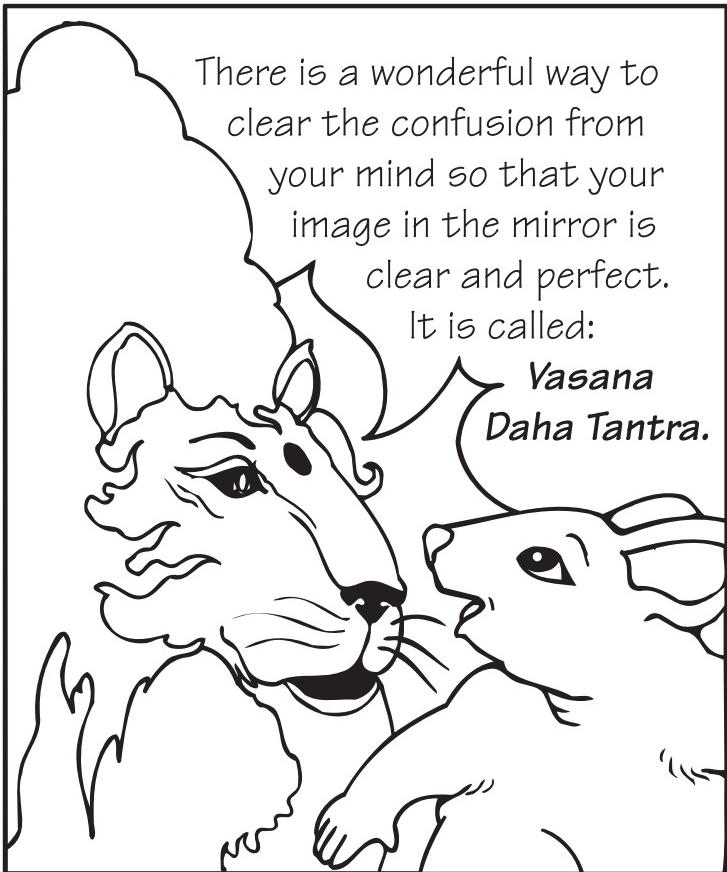


And so the journey begins.

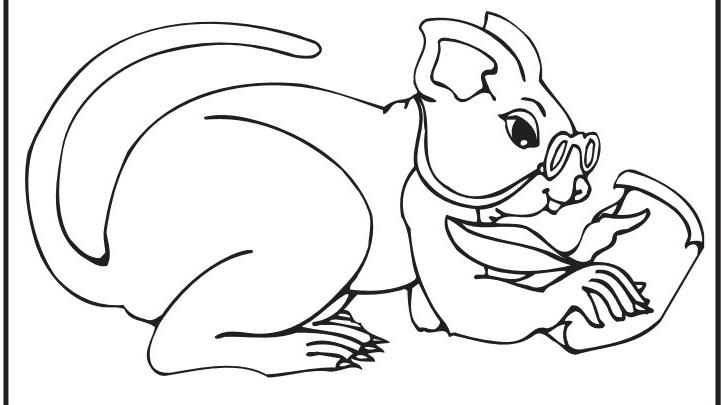


There is a wonderful way to clear the confusion from your mind so that your image in the mirror is clear and perfect.  
It is called:

Vasana  
Daha Tantra.



Just write down all of the things from your past which made you happy or sad. Don't worry. No one will read it but you. Write it all down and sign your name below.





Now burn that piece of paper and watch the flames fade away. If you still feel those feelings, write them down again and burn them once more.



Now, don't you feel different? You look much better and the mirror does too. Congratulations!

**You Are Ready!**

And so concludes the first chapter of Mystic Mouse's magical journey on the path to God Realization. When Mystic Mouse first asked Sage Lion to be his teacher, the great master replied with the question:

**Are you ready?** But before Mystic Mouse could answer, the journey had begun. He learned that he must seek his true identity by worshiping Lord Ganesha who would introduce him to Lord Muruga at the right time for the practice of yoga. After Mystic Mouse saw his blurry reflection in the magic mirror, the sage explained that the magic mirror was nothing more than a reflection of Mystic Mouse's own mind—that confusion would make the image blurry yet simply releasing the emotion of memory would make it clear. Sage Lion then taught him how to release the emotion by burning away the confusion in a practice called Vasana Daha Tantra. Mystic Mouse was overjoyed when he found that the tantra actually worked. Sage Lion just chuckled, put his furry paw on his good disciple's shoulder and said again sweetly as he said once before: "**You are ready!**"



# Questions about the first adventures of Mystic Mouse.

1. What does Mystic Mouse want to learn from Sage Lion?
2. What is the first question that Sage Lion asks Mystic Mouse?
3. What does the girl see in the mirror?
4. What does a clear mirror image mean?  
What does a blurry mirror image mean?
5. Who are the Gods that will help Mystic Mouse?
6. What does Mystic Mouse learn from the little girl?
7. What must Mystic Mouse do before he can practice yoga?
8. What happens when Mystic Mouse looks in the mirror?
9. What is the last thing Sage lion says to Mystic Mouse?
10. Does Sage Lion answer Mystic Mouse's question:  
How do we realize God?
11. Please describe the entire story in your own words?





# Who Are You?

Based on Merging with Siva  
Part One, Chapter Two:  
“All Knowing Is Within You”

सर्वज्ञस्त्वदन्तरेव विद्यते

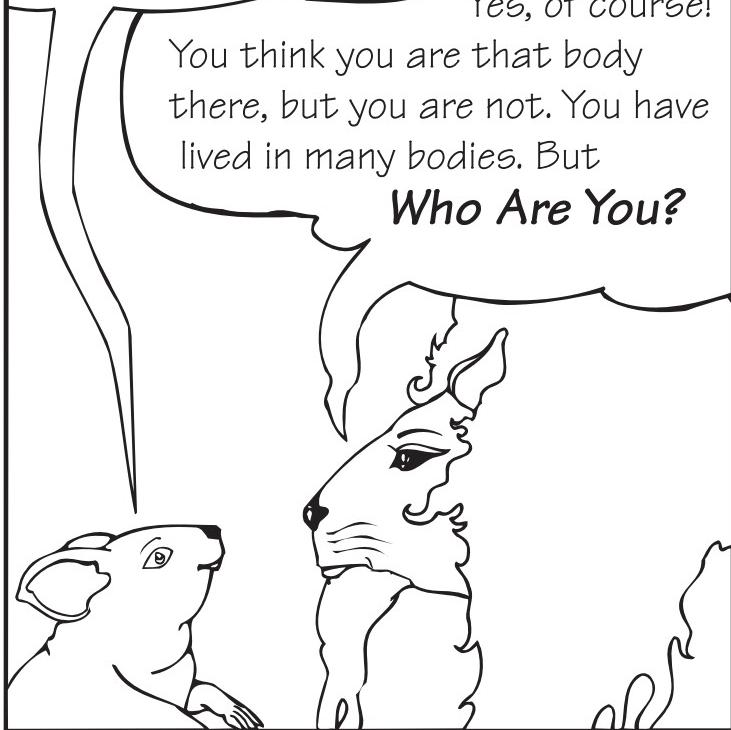


Oh Great Sage, can a little mouse like me realize the Self?

Yes, of course!

You think you are that body there, but you are not. You have lived in many bodies. But

**Who Are You?**



Look behind you there! You have not one but five pretty bodies. But

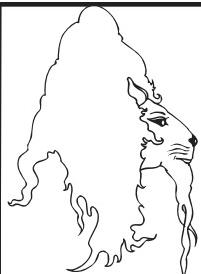
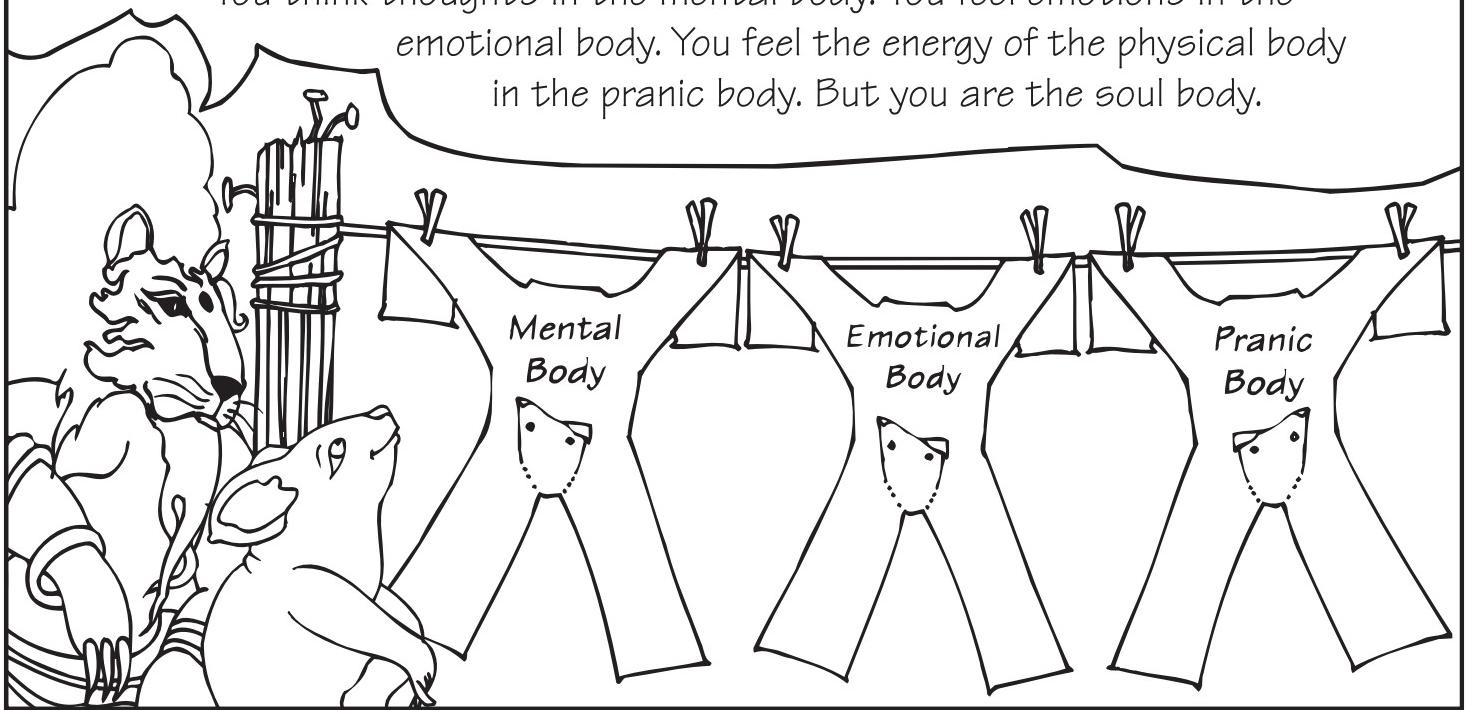
**Who are you?** You are the soul!

Isn't that wonderful?

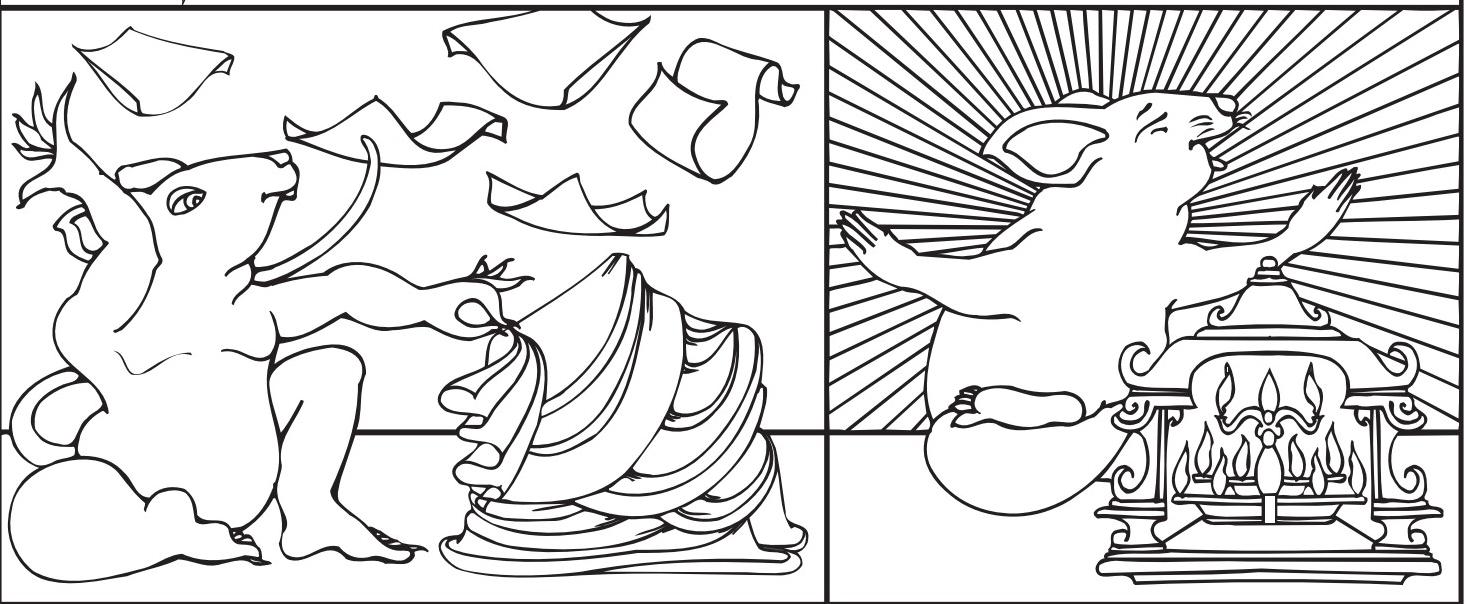


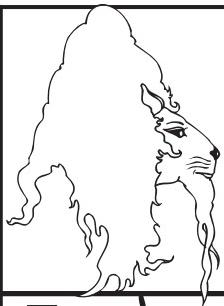
You are the soul with a body of your own. This soul body is different from the other bodies. The other bodies are like clothes worn on top of the soul body.

You think thoughts in the mental body. You feel emotions in the emotional body. You feel the energy of the physical body in the pranic body. But you are the soul body.

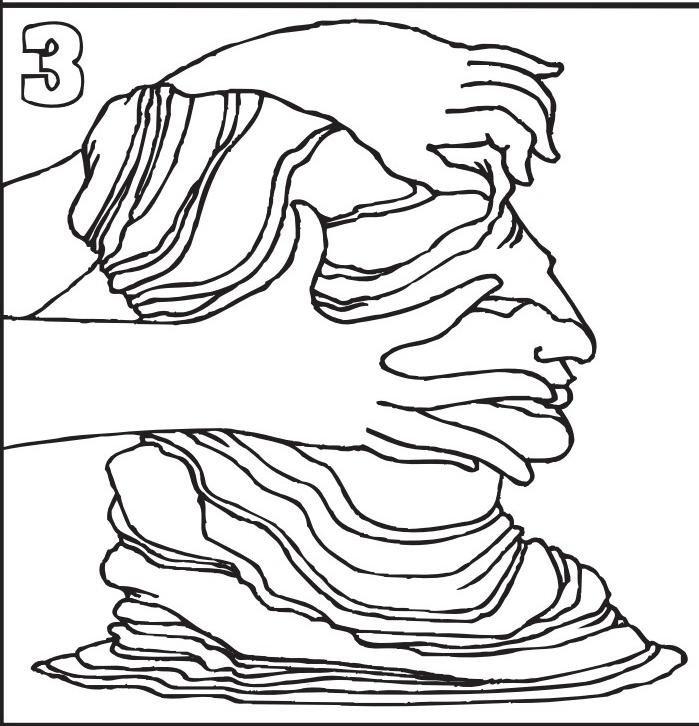
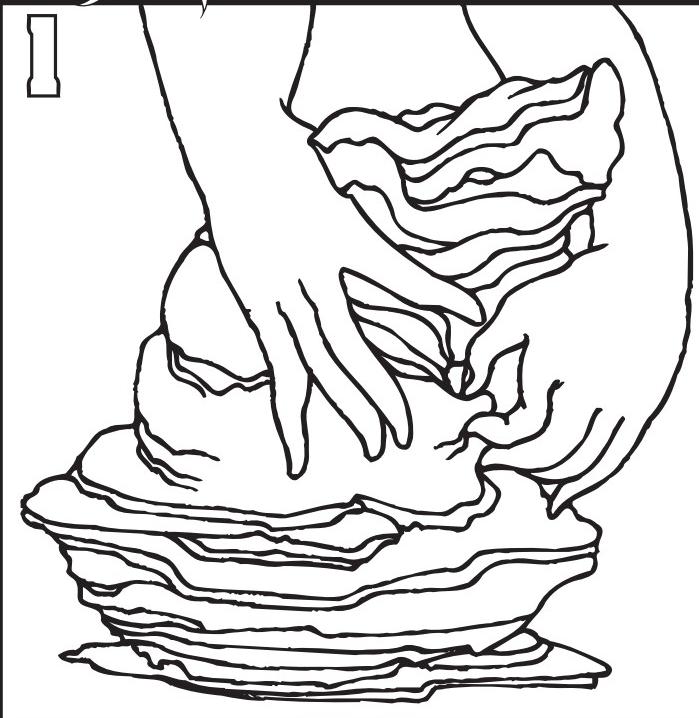


Through many lives you have built these outer bodies up and they completely hide the soul. Finally as the soul matures, these bodies can be removed just like we remove layers of cloth that cover a light.





And while all of this is going on, the soul is growing. The soul is becoming something more and more beautiful—like a piece of clay being molded by an artist into a beautiful sculpture.



You are not bad.  
You are not good.  
You are. You just are.  
You are the soul! Be glad!



Be yourself. Be the soul.  
As you look out, see within. Be within.



Look out upon the world  
as if you were way up high in  
a penthouse suite. You can see  
everything all at once.

Cool!

Be like the president in charge  
and don't go up and down.  
This is the view that you enjoy when  
you look through the eyes of the soul.



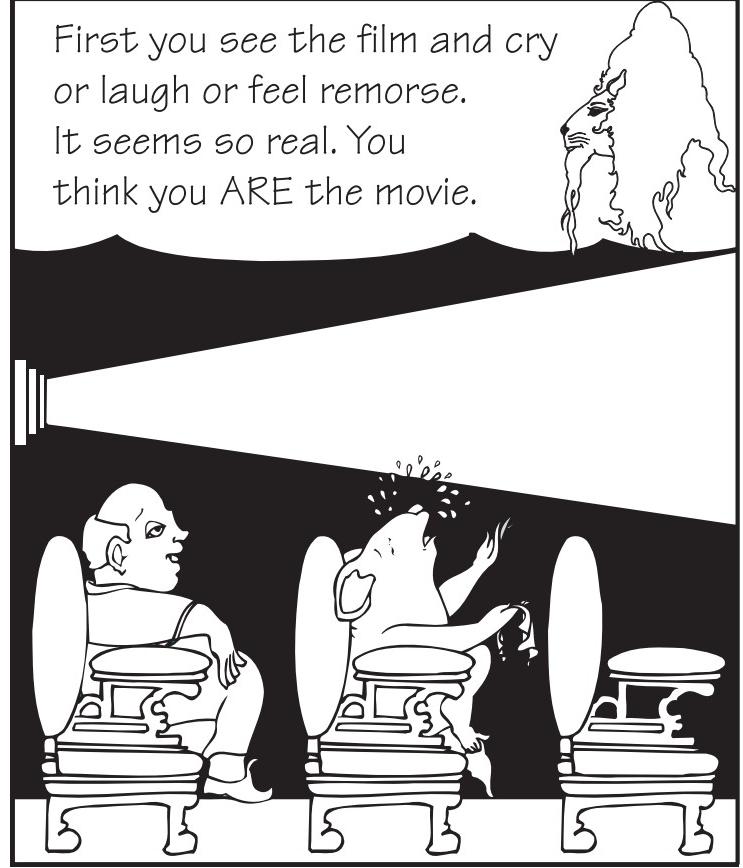
The crown is like the mountain top.  
It is in the crown that we come to  
realize our true Self. Within the  
crown we are calm. We understand.



Realizing the Self is like dying and  
being reborn. Our view is changed  
forever. We can't go back.  
Now, let's go see a movie.

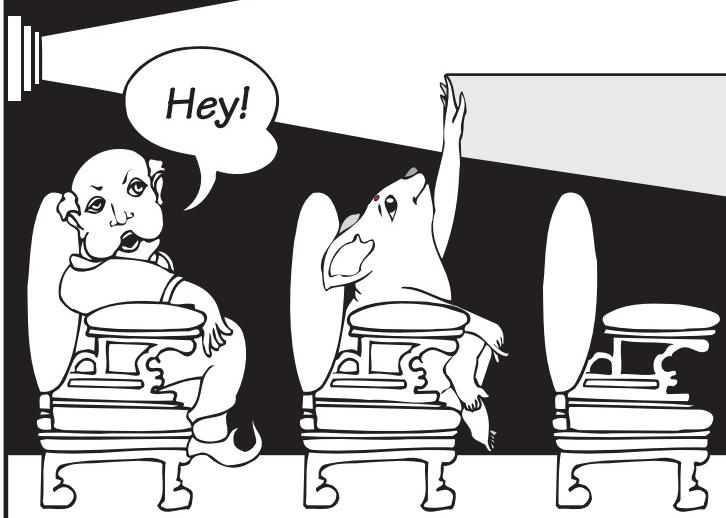
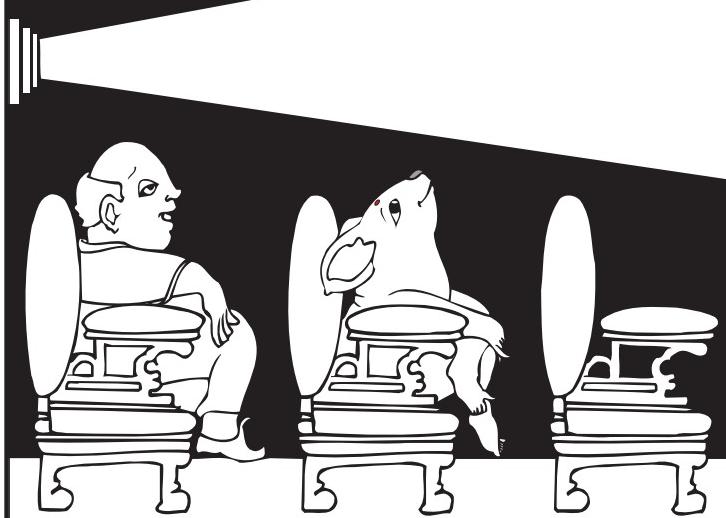


First you see the film and cry  
or laugh or feel remorse.  
It seems so real. You  
think you ARE the movie.



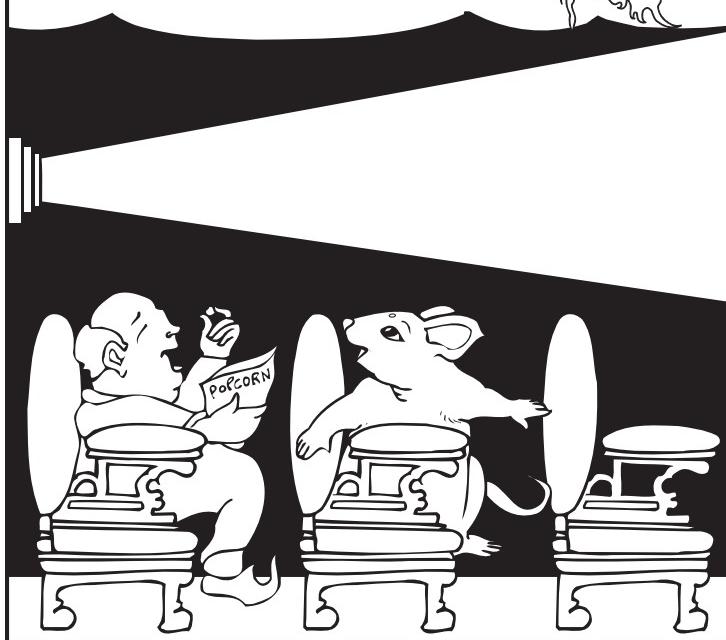
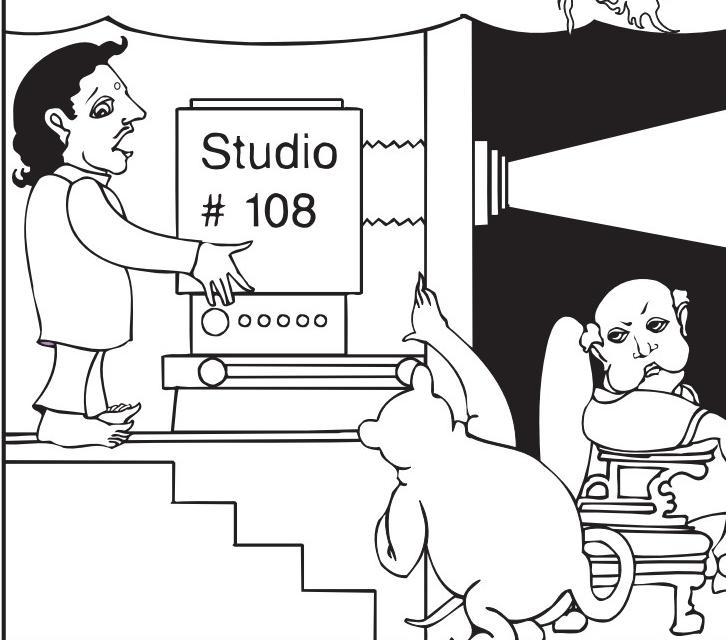
When you watch the movie a second time you get bored with the story plot and you notice the projector light.

And you realize that this simple light is making the images on the screen. Now the images do not seem so real.



You watch the movie a third time and you wonder about the source of the light. You find the camera man.

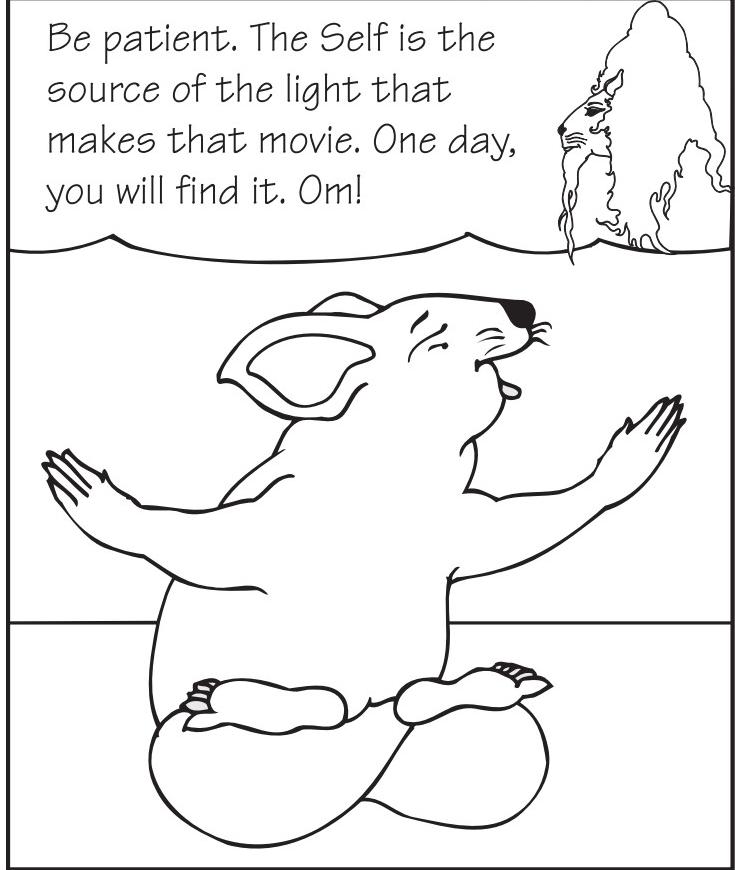
You make yourself watch the movie a fourth time, and you become aware of the man behind you eating popcorn.



Oh, my dear little mouse, life is like that movie. But the movie you watch is the movie you make. So, don't ask: "Why did this happen to me?"



Be patient. The Self is the source of the light that makes that movie. One day, you will find it. Om!



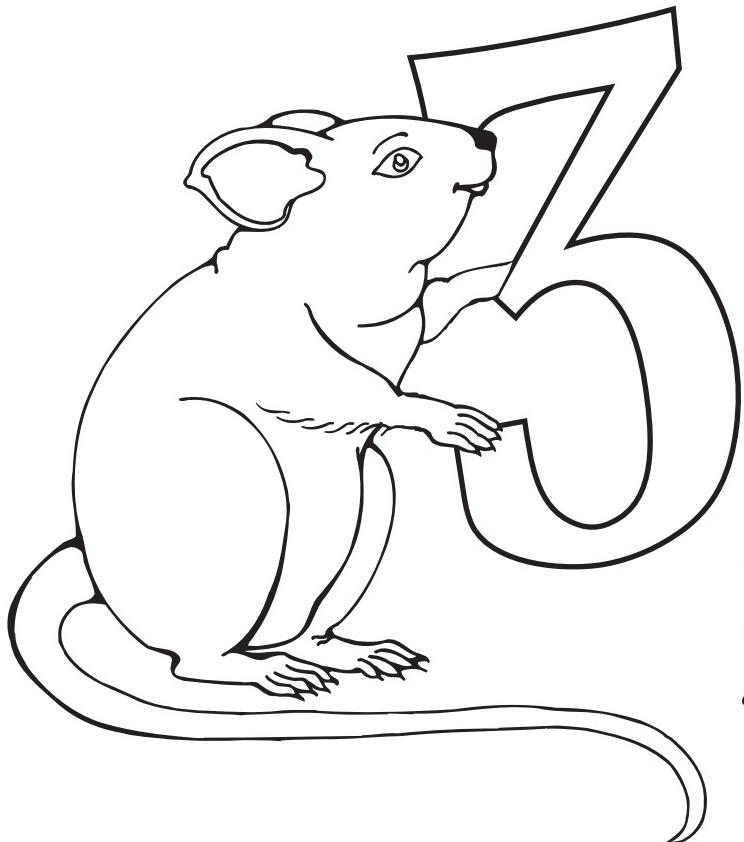
And so, as Mystic Mouse continues his training with Sage Lion, the great and mighty guru of the forest asks his little devotee, "**Who are you?**" And through the many experiences that follow, Mystic Mouse learns that he is not the physical body. He is the soul. And as the soul he has lived in many physical bodies in many lives. He also learns about his soul nature. As he travels with Sage Lion to the penthouse and the mountaintop, he sees that the soul is detached and blissful. Sage Lion instructs him to view a movie many times over. He then observes that as the soul naturally withdraws into itself experience is no longer so fascinating. Finally, Sage Lion carefully explains to Mystic Mouse that he and he alone is the source of all his pain and pleasure and that as the soul he is ever blissful and free. Mystic Mouse shows great happiness with the teachings he has received so far and sits in bliss, knowing he is indeed what he seeks and that one day he, like many before him, will realize the Self God.



## Questions about the second adventures of Mystic Mouse.

1. What does Sage lion say when Mystic Mouse asks if a mouse like him can realize the Self?
2. How many bodies does Mystic Mouse have?
3. Which of the bodies is Mystic Mouse's true identity?
4. What does Sage Lion say about good and bad?
5. What does Mystic Mouse learn in the penthouse and on the mountain top?
6. Why is detachment important?
7. What does Mystic Mouse learn when he sees the same movie over and over?
8. What is the power of fascination?
9. What is the answer to the question:  
“Why did this happen to me?”
10. What does Mystic Mouse feel when he learns about his soul nature?
11. Please describe the entire story in your own words.





# Why?

Based on Merging with Siva  
Part One, Chapter Three:  
“The Purpose of Life”

जीवनस्य प्रयोजनम्



Think to yourself: “There’s something inside you that has never changed.”

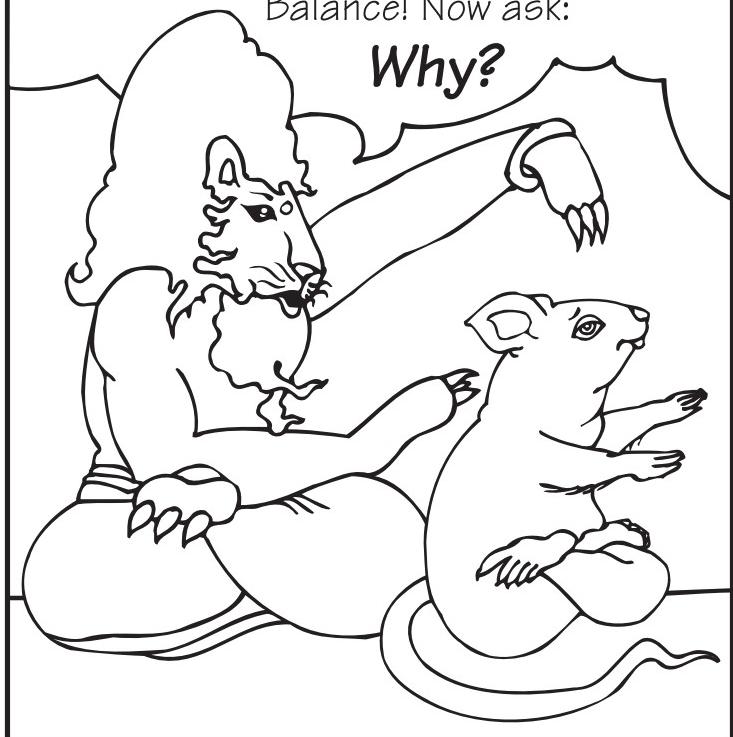
It is your inner anchor.



Find your center. Keep your spine straight. Hold your head up high.

Balance! Now ask:

Why?



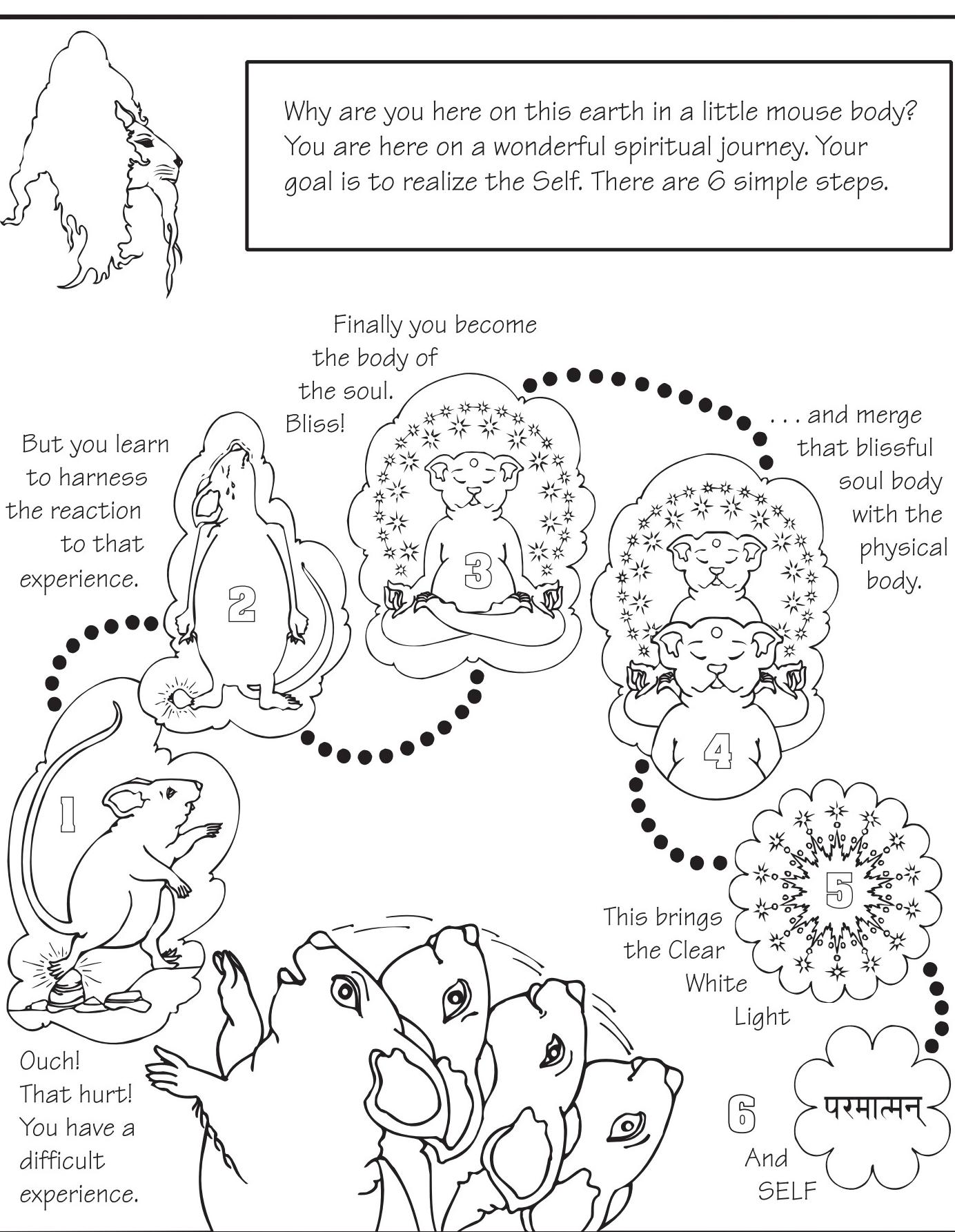


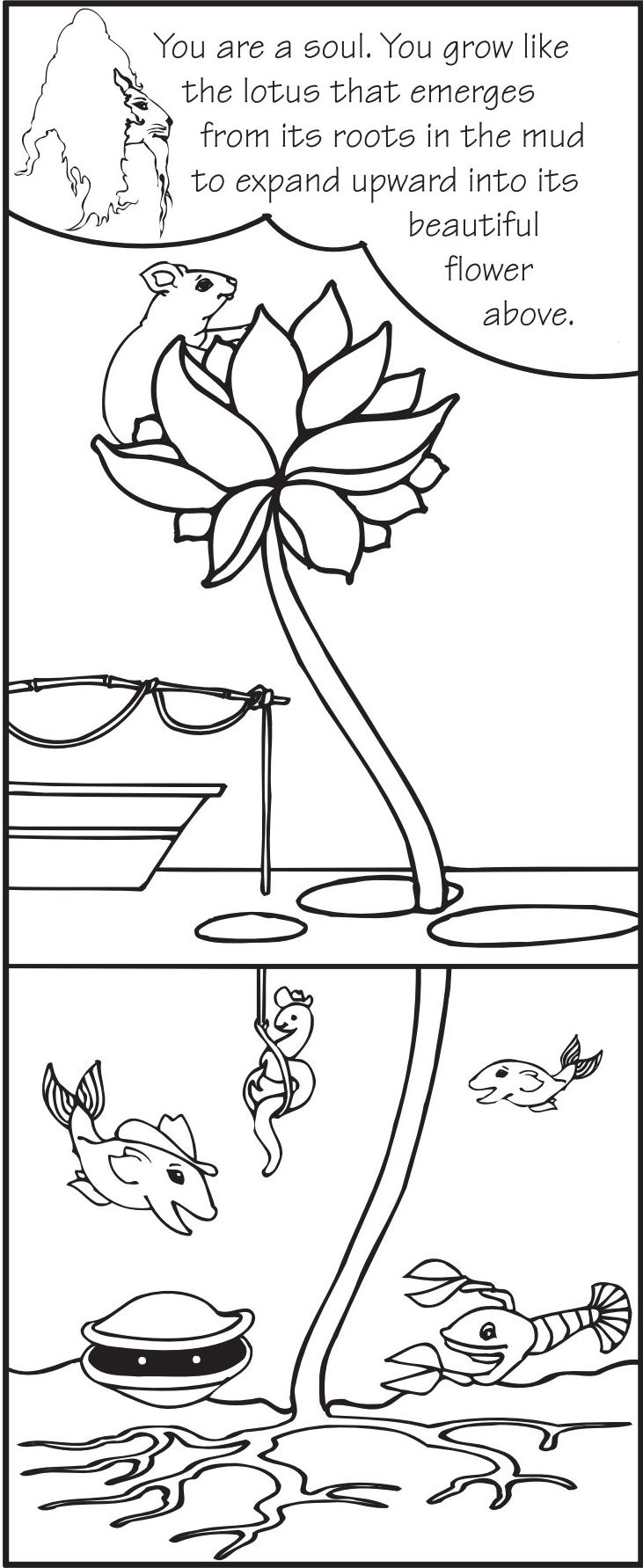
Why are you here on this earth in a little mouse body?  
You are here on a wonderful spiritual journey. Your  
goal is to realize the Self. There are 6 simple steps.

But you learn  
to harness  
the reaction  
to that  
experience.

Finally you become  
the body of  
the soul.  
Bliss!

... and merge  
that blissful  
soul body  
with the  
physical  
body.







Observe and learn about the cycles of life. Everything you do has consequences. Knowing this, plan your life carefully toward the goal of Self Realization. This is what you were born to do. Observe that cute little kitty cat over there. He's so sweet but he is not too careful. By observing him you can learn about caution.



As you continue your observation you begin to realize that you are not what you are aware of. You know this because you can move awareness from one thing to another. You are a free traveler in the universe of the mind. The things you observe like fear, envy and hate are only areas of mind. What is the source of the awareness that observes?

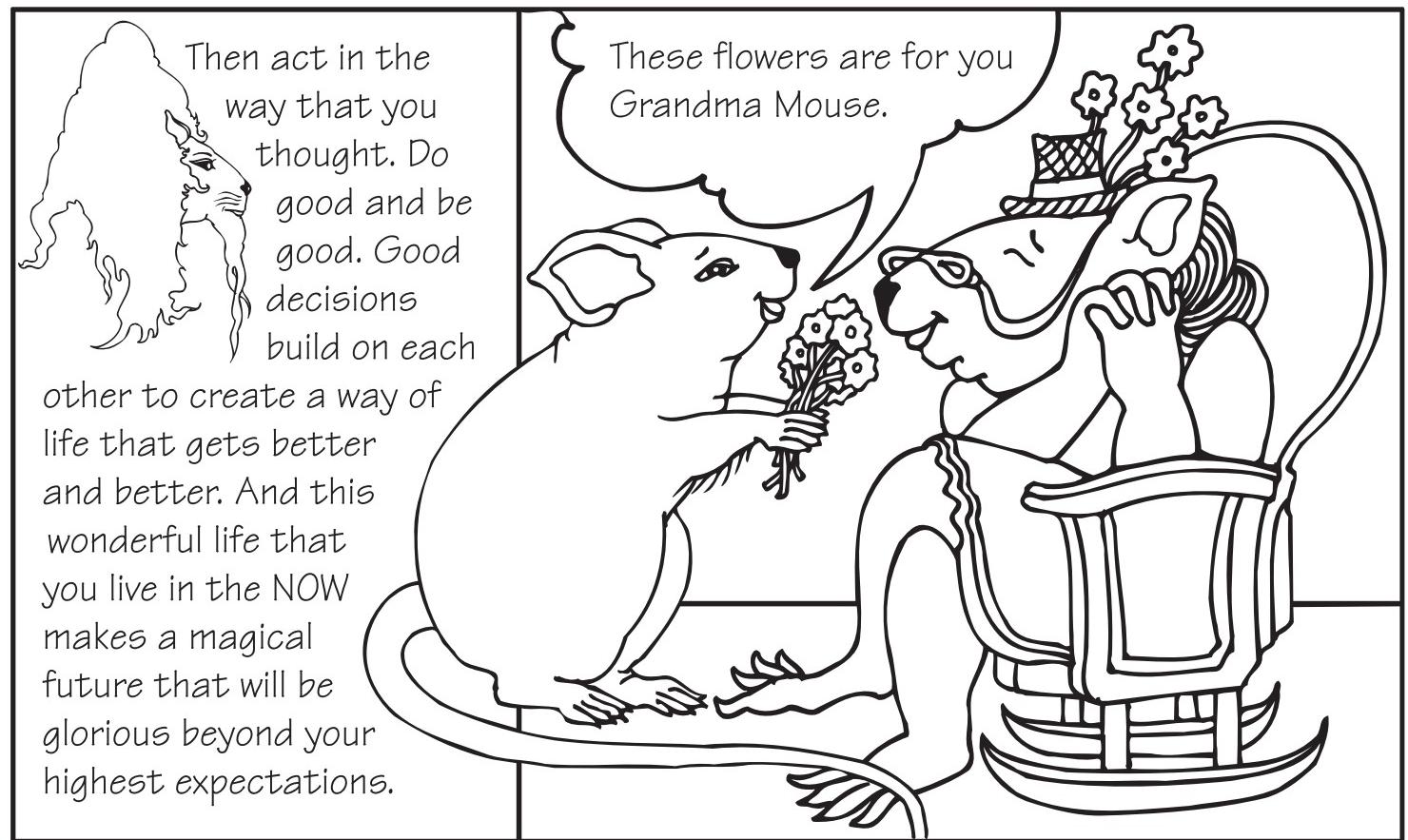


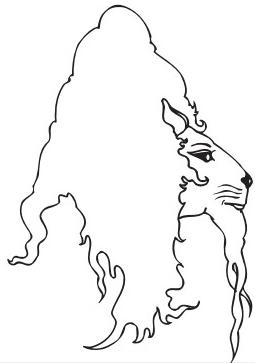
Decisions are very important. You create your life by the decisions you make. Think first before you act. Decide to be good and do good.



Then act in the way that you thought. Do good and be good. Good decisions build on each other to create a way of life that gets better and better. And this wonderful life that you live in the NOW makes a magical future that will be glorious beyond your highest expectations.

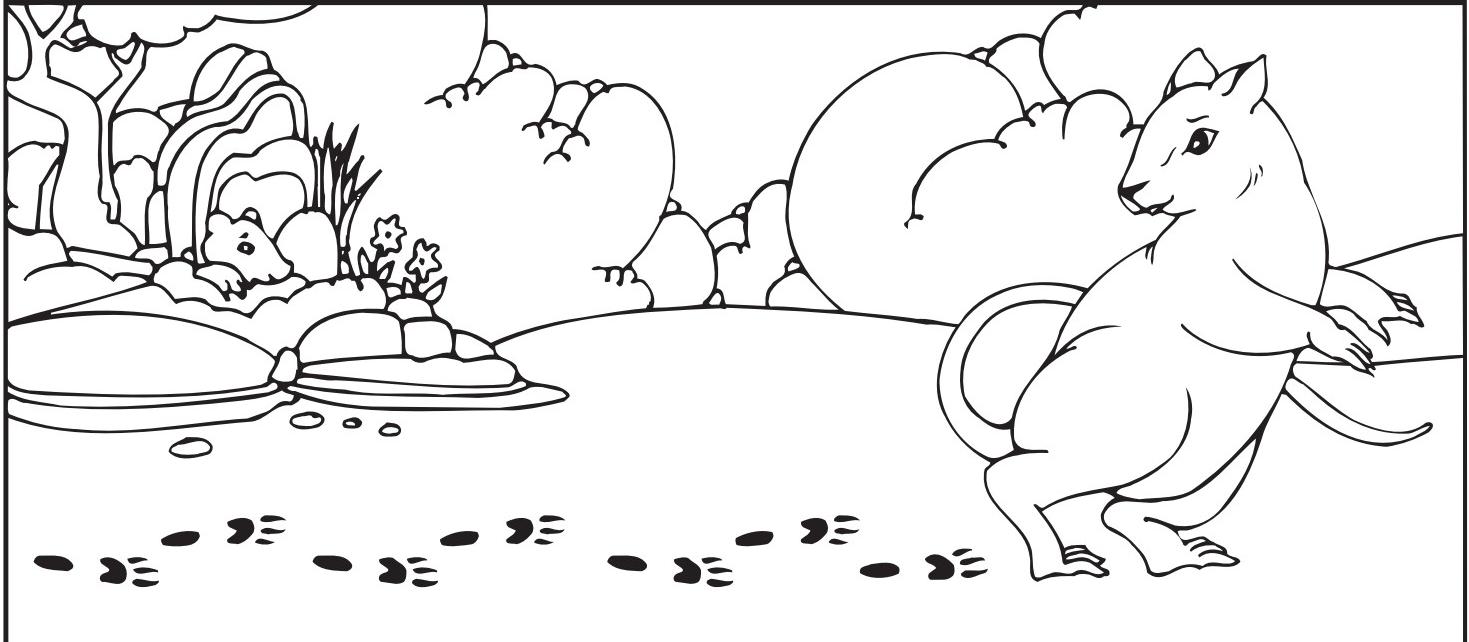
These flowers are for you Grandma Mouse.





Look back over your life. Remember each major experience.

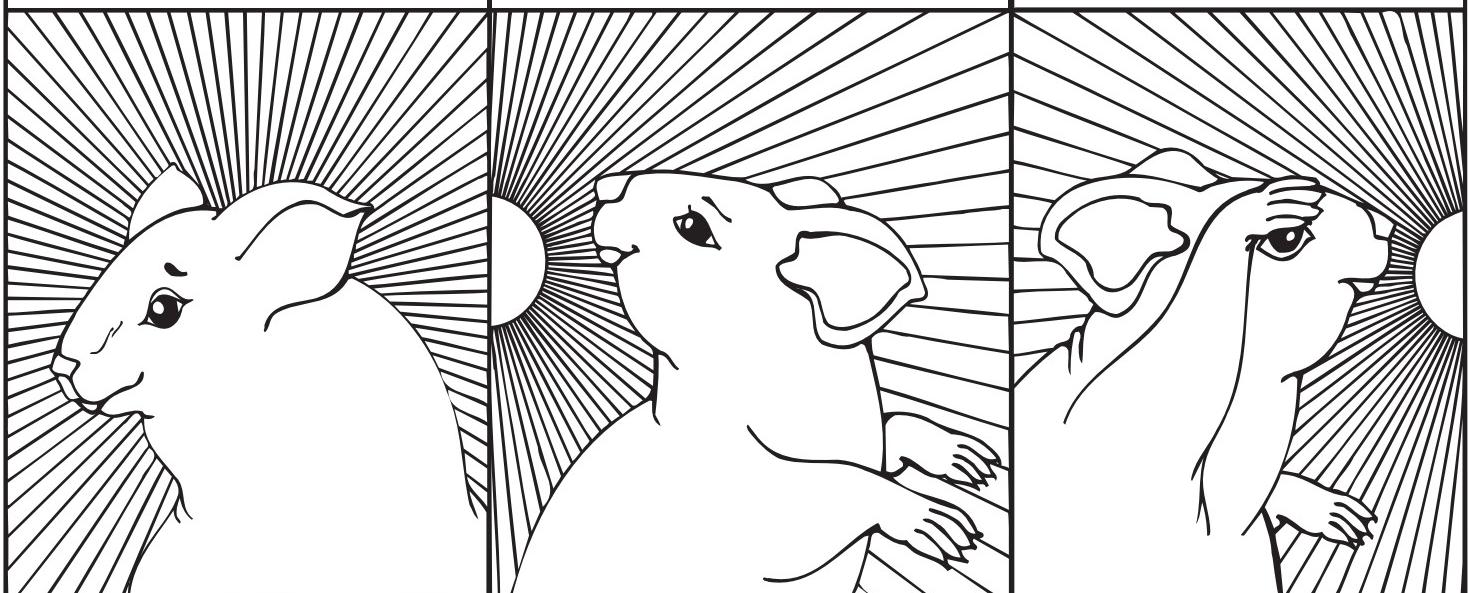
And think of all the smaller experiences in between. So many experiences! And this is only one life. How about all of the other lives you have lived before this one? All of these experiences have led you to the spiritual quest. And now you ask: Who am I? Where did I come from? Where am I going?



Who am I?

Where did I come from?

Where am I going?



Make a list of important things and put **Self** at the top. Adjust everything else you do around this one goal. This will change your life.



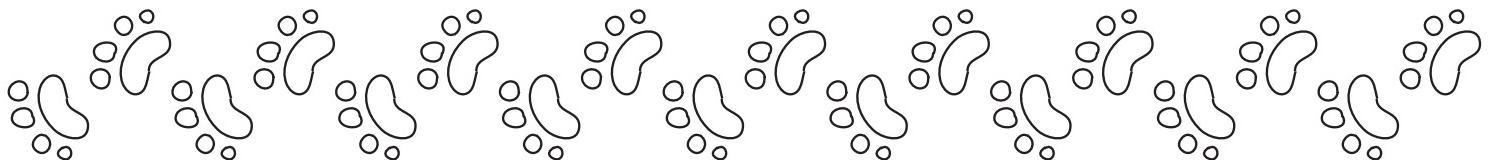
Think! Ask yourself: "**WHY?**"

"Why am I here?" And answer: "I am here to separate awareness from that which it is aware of and realize my truest identity."

Now, let's go. We have got work to do.



Sage Lion asks Mystic Mouse: "**Why?**" And gives him a purpose in life. Through a gentle series of teachings, Sage Lion carefully unfolds to Mystic Mouse why he is here, why he was drawn to Sage Lion in the first place and why he now feels the greatest joy he has ever known. Mystic Mouse realizes he was born for one reason and one reason only. He now has a single goal in life. And as the sun sets behind the great mountains of yoga, Sage Lion is especially inspired. He turns to Mystic Mouse and says: "I will speak of this to you again and again for it is very important. You are here on this planet for Self Realization. Direct all of your energies toward this one thing, and then the tremendous power of desire will be for the one goal, not for the many goals toward which desires usually flow. When that happens, Self Realization will come to you. It will be very easy. One day, you will be Self Realized."



## Questions about the third adventures of Mystic Mouse.

1. What is inside Mystic Mouse that has never changed?
2. How does Mystic mouse prepare for yoga?
3. What are the 6 steps on the wonderful spiritual journey?
4. Please describe how the lotus is like the soul.
5. Should we live our lives in the past, future or now? Explain.
6. When Mystic Mouse asked what to do first, what is Sage lion's reply?
7. What does Mystic Mouse learn from the kitty cat in the tree?
8. Can we move our awareness from one area of the mind to another? Explain.
9. What is the source of awareness?
10. What are we born to do?
11. Please describe the entire story in your own words.

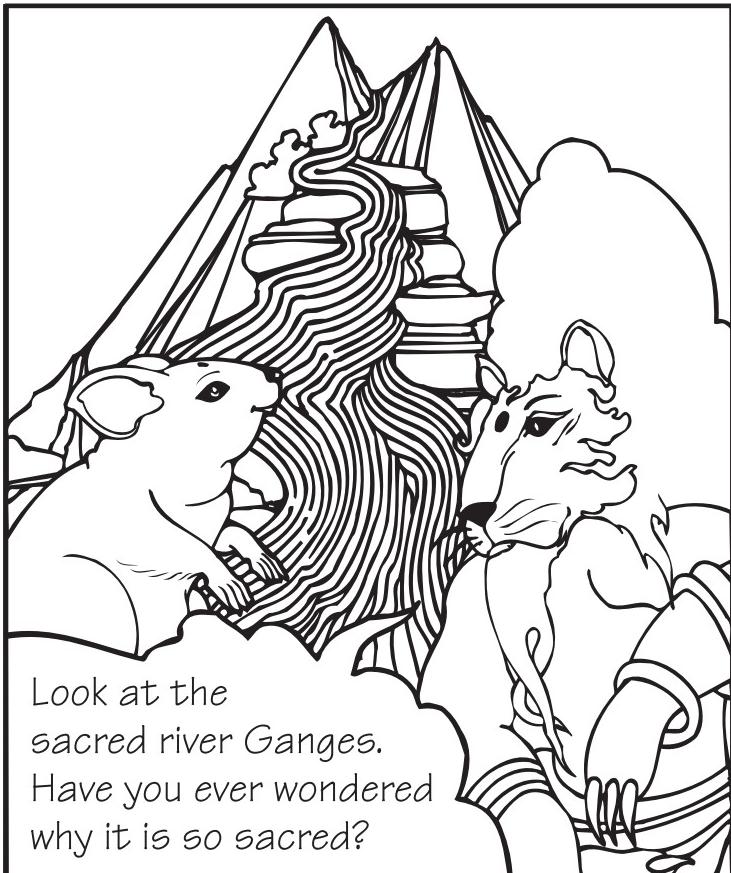
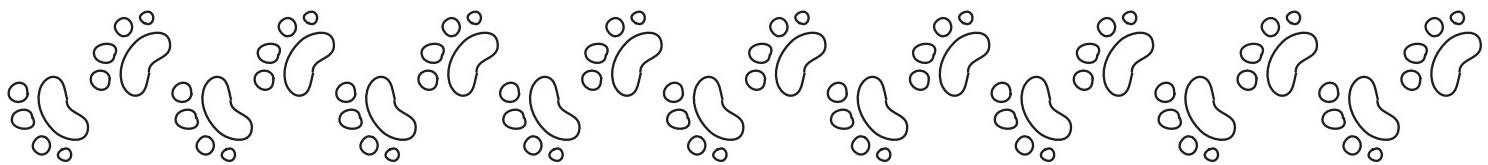




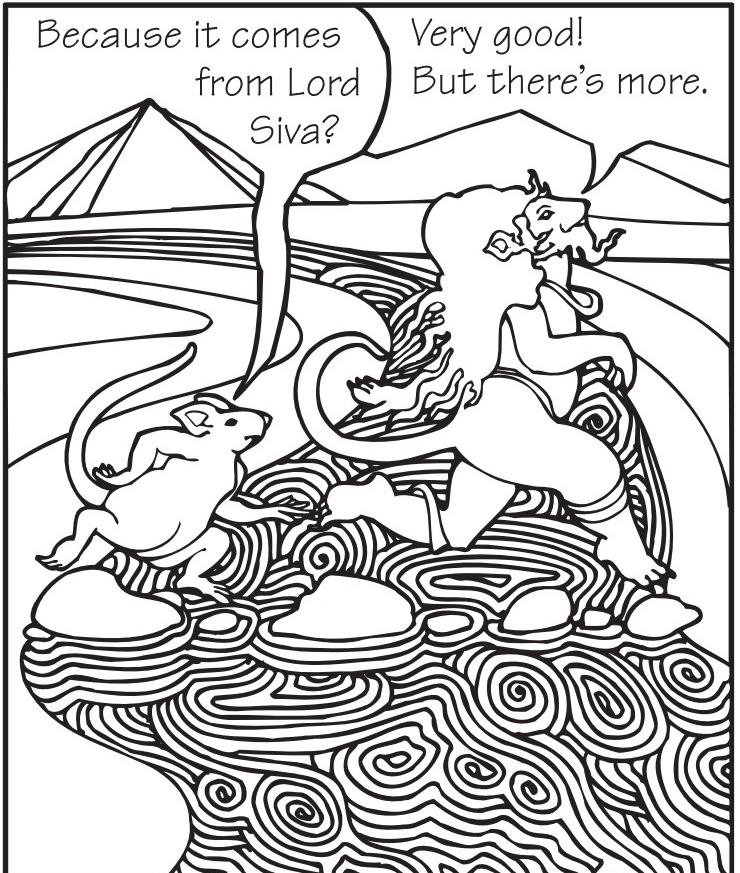
# The River

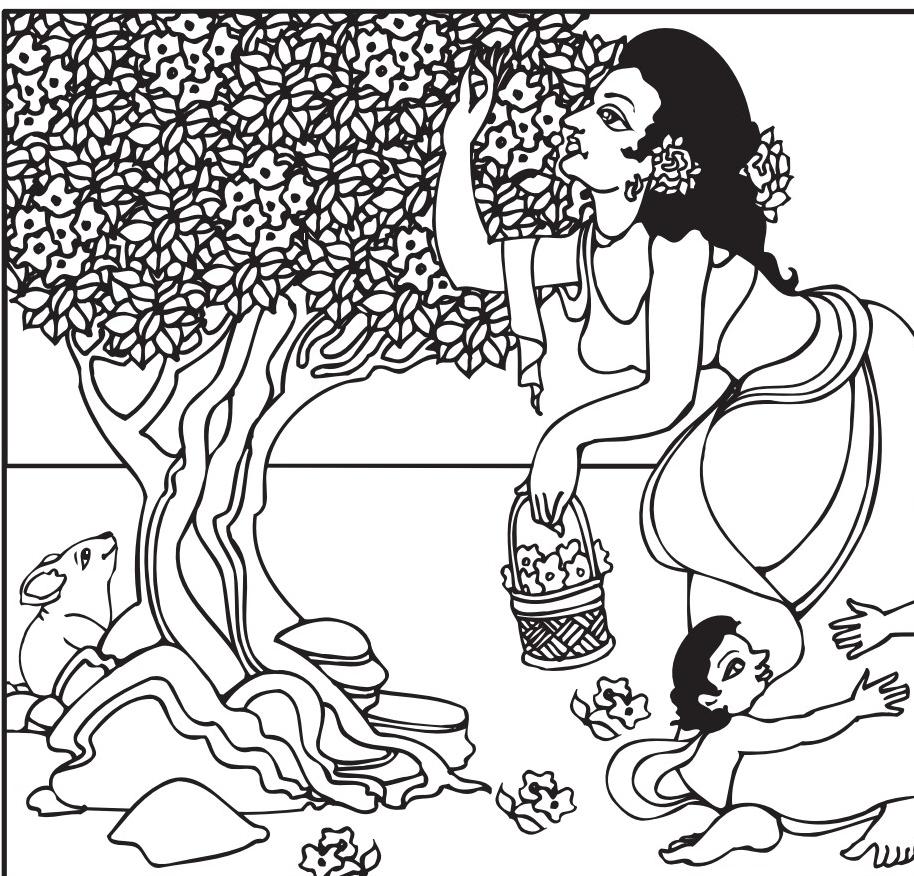
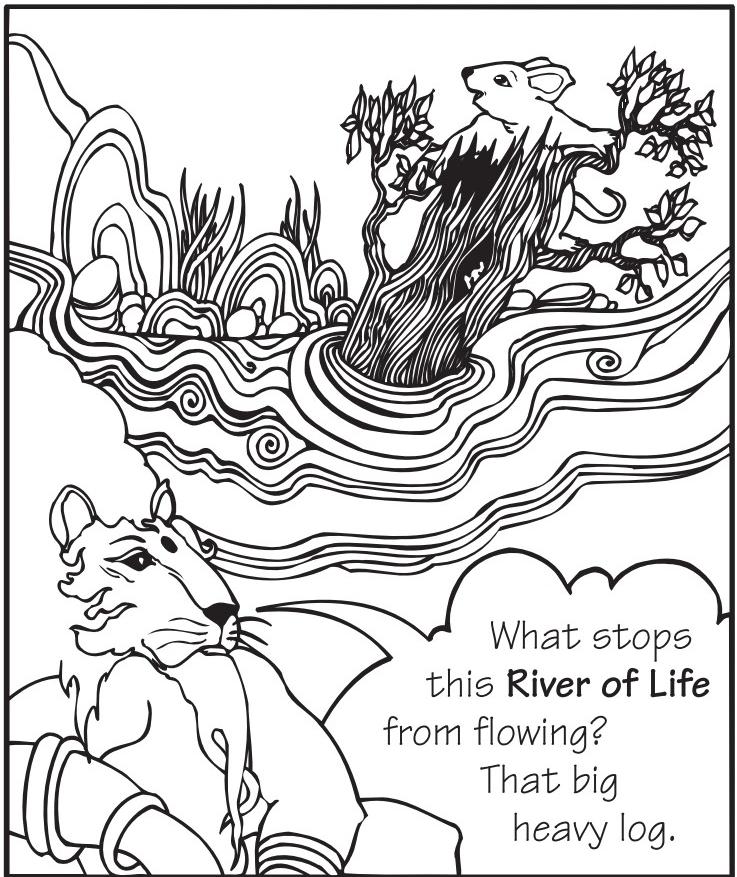
Based on Merging with Siva  
Part One, Chapter Four:  
“The River of Life”

जीवननदी

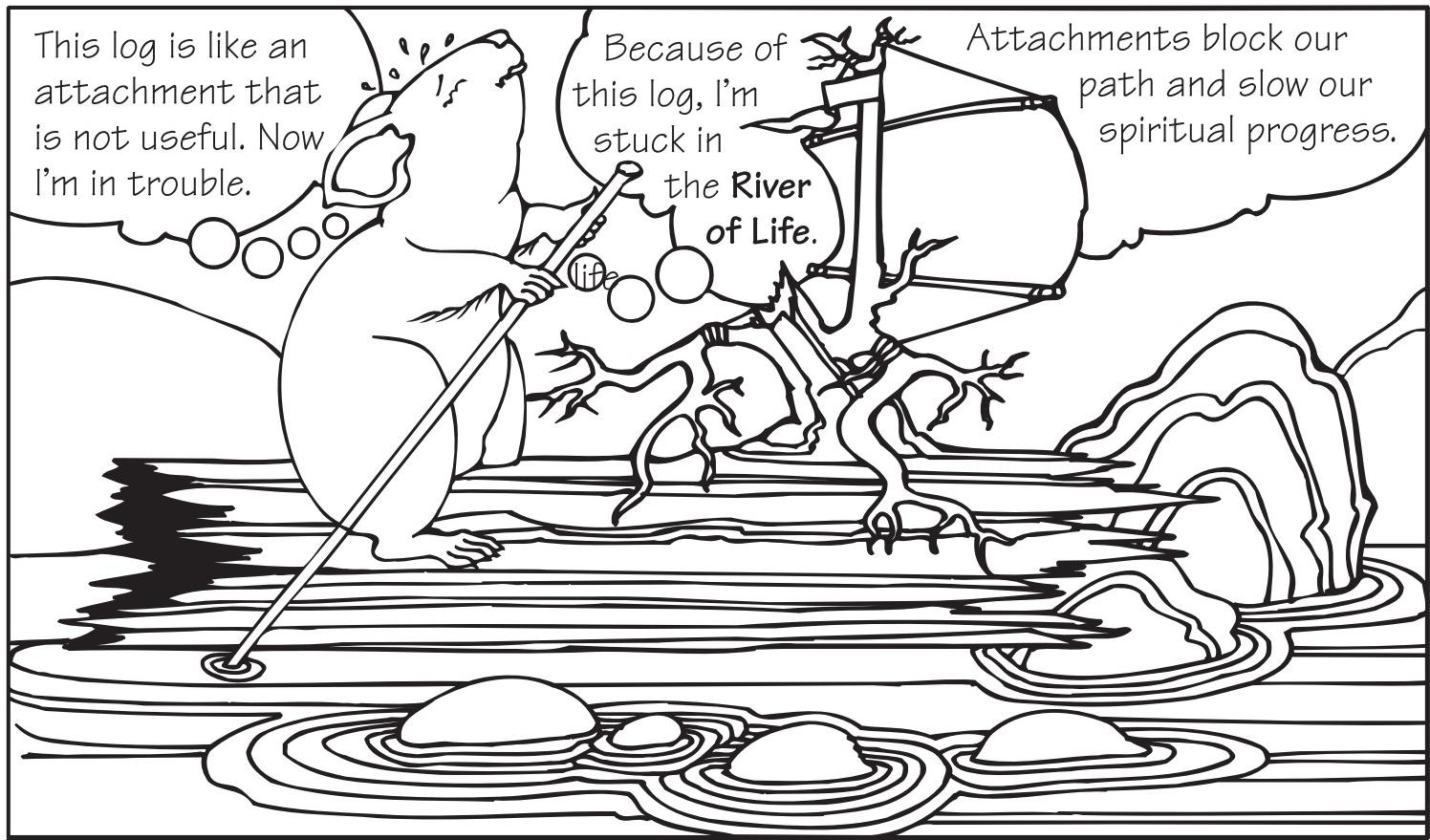


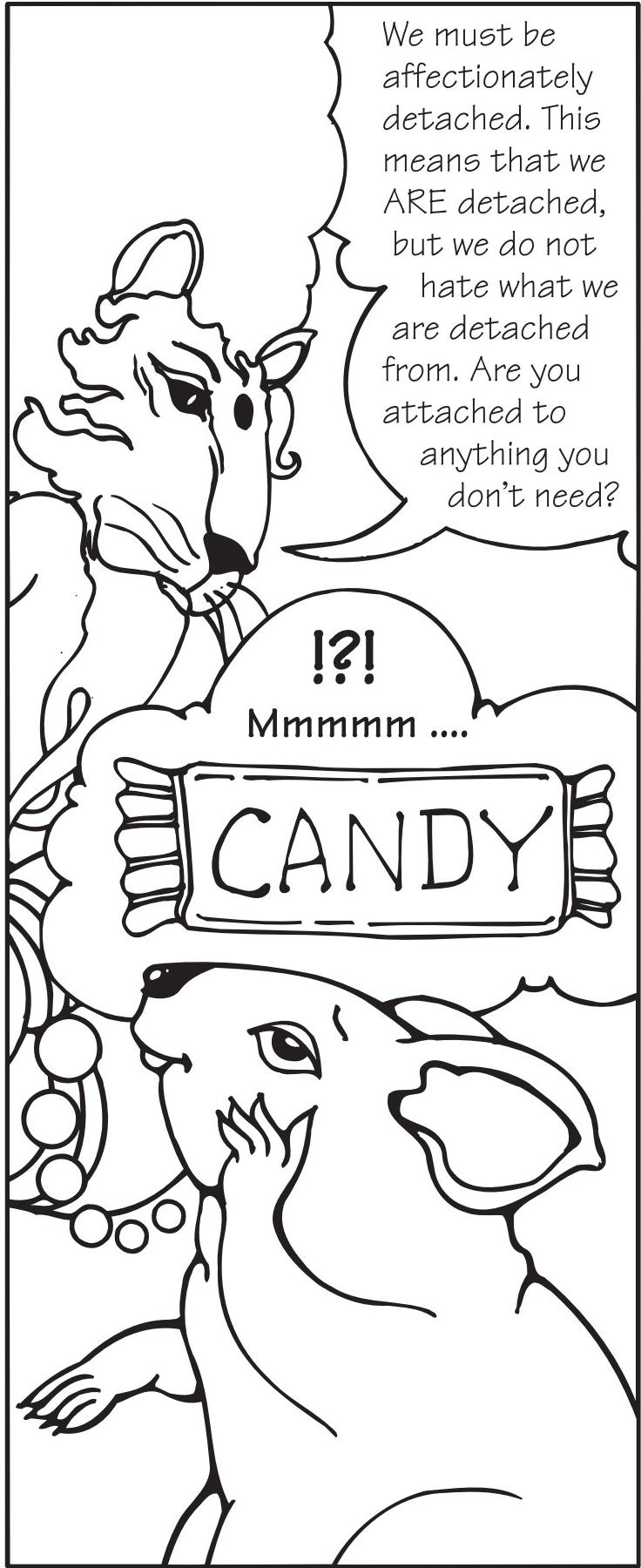
Look at the  
sacred river Ganges.  
Have you ever wondered  
why it is so sacred?





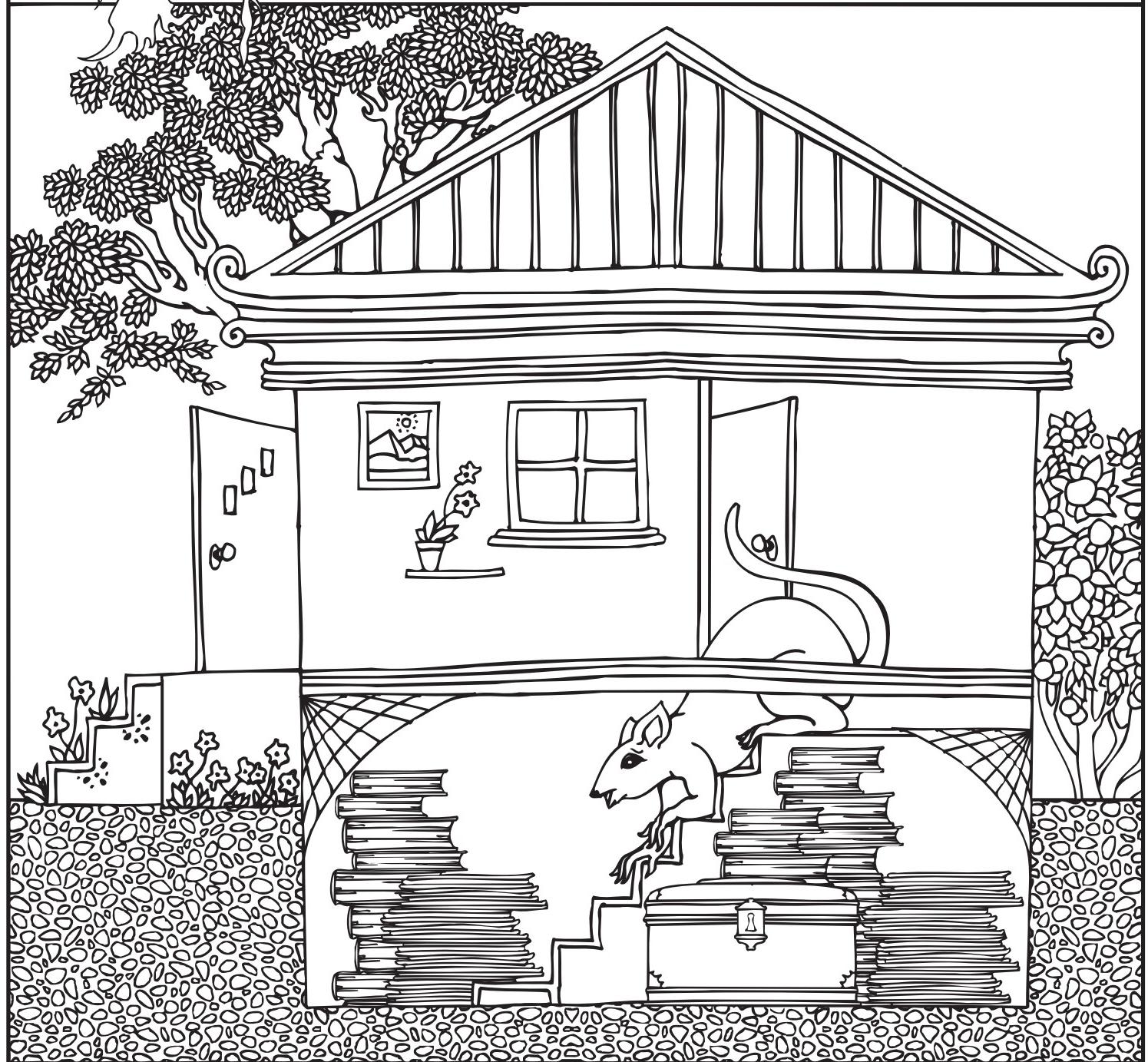
That log is like attachment in your life. Attachment is holding on to people and things. Actually, we are attached to fear. We are afraid of what will happen if the people and things go away. See how that little girl is attached to her mommy. Some attachments are useful. Some are not. Let go of the attachments that are not useful.





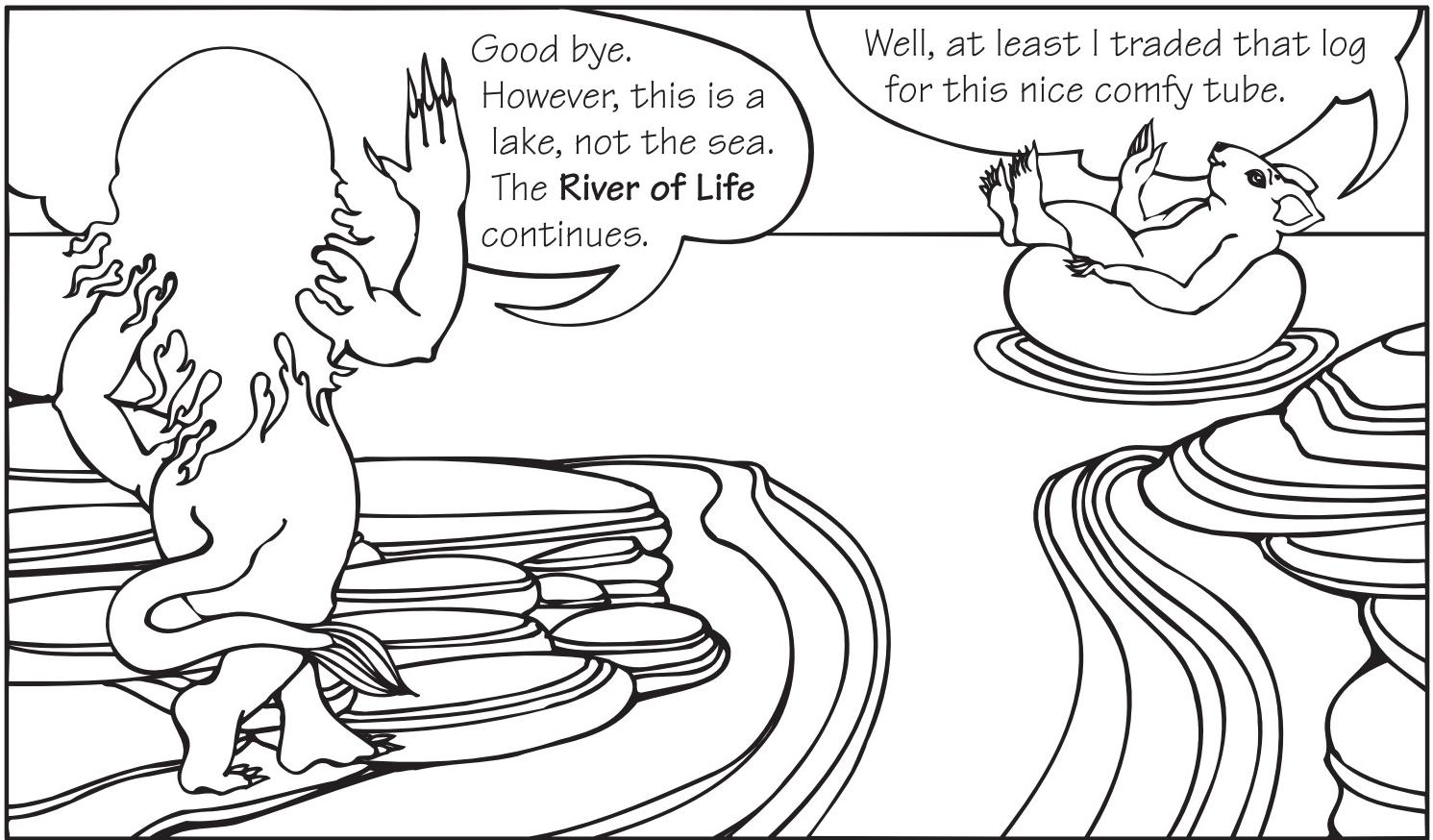


Our attachments are stored in our subconscious mind. This subconscious is like the basement of a house. We live on the main floor, but we store things in our basement. We have to go into our subconscious basement and straighten it out. That's easy to say but a little more difficult to do. Why? Because the basement took time to fill, and it takes time to clean. But when it is clean, the negative attachments are easier to see and release.



One of the best methods of seeing and releasing negative attachments is the practice of Ganga Sadhana. Sit by the river and become aware of the peace in nature. When a thought comes up, mentally put the thought into a leaf and place it in the river. The river will carry the leaf and the thought away. Then offer a flower to the river in loving appreciation for doing this service.





And so it is that Mystic Mouse learns about the **River of Life**. He learns about attachment and affectionate detachment. He learns that affectionate detachment helps him flow with the **River of Life** and negative attachment forces him to cling to the banks. Sage Lion teaches him that he can let go of negative attachments by practicing **Ganga Sadhana** so that he may be to flow with the **River of Life**. This brings a great joy to Mystic Mouse. He feels free. He is very happy. Now life becomes a study to him. He is able to see what he could not see before. Now every day brings new learning. And in the learning he begins to realize that he is not the mind, body or emotions. He is, instead, the complete master of mind, body and emotions. Although he has far to go on the path of enlightenment, he has been given a great secret and a great practice that will remain with him for the rest of his life and beyond as he flows with the **River of Life**.



## Questions about the forth adventures of Mystic Mouse.

1. How does Sage Lion compare the Sacred River to Life?
2. What stops the River of Life from flowing?
3. Is fear an attachment? Why?
4. Are all attachments harmful?
5. Why are some attachments a problem on the spiritual path?
6. What is “affectionate detachment” ?
7. What are the four questions that Sage Lion asks Mystic Mouse to ask himself to decide if an attachment is negative or positive?
8. Where are attachments stored?
9. How is the subconscious like the basement of a house?
10. Please describe Ganga Sadhana.
11. Please describe the entire story in your own words.





# The Story of Awareness

Based on Merging with Siva  
Part One, Chapter Five:  
“The Story of Awareness”

साक्षिकथा



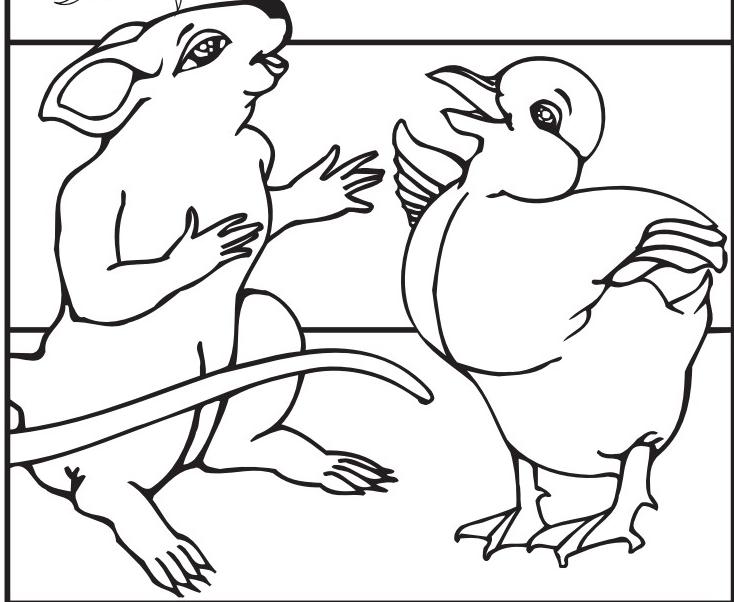
**Awareness** is like a ball of light that can travel anywhere in the mind. You are **awareness**. Isn't that wonderful?

To discover **awareness** we must become detached from what we are aware of. When we become detached we live two thirds within.

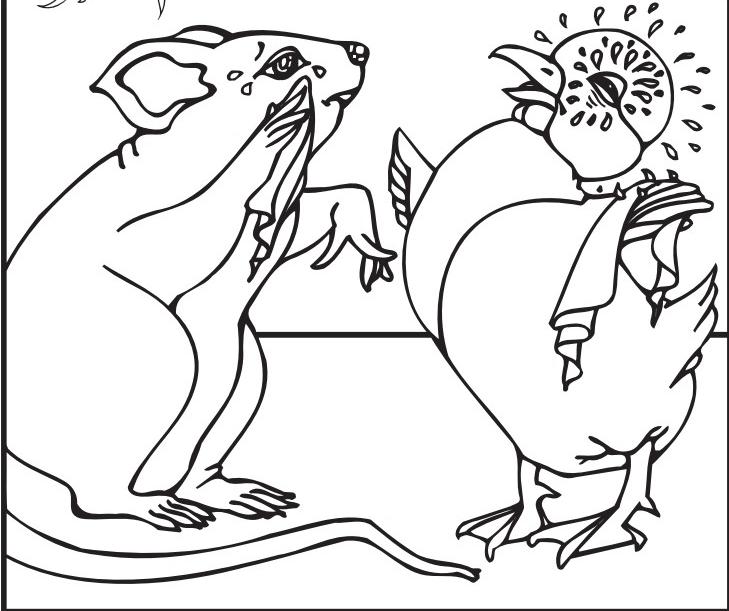




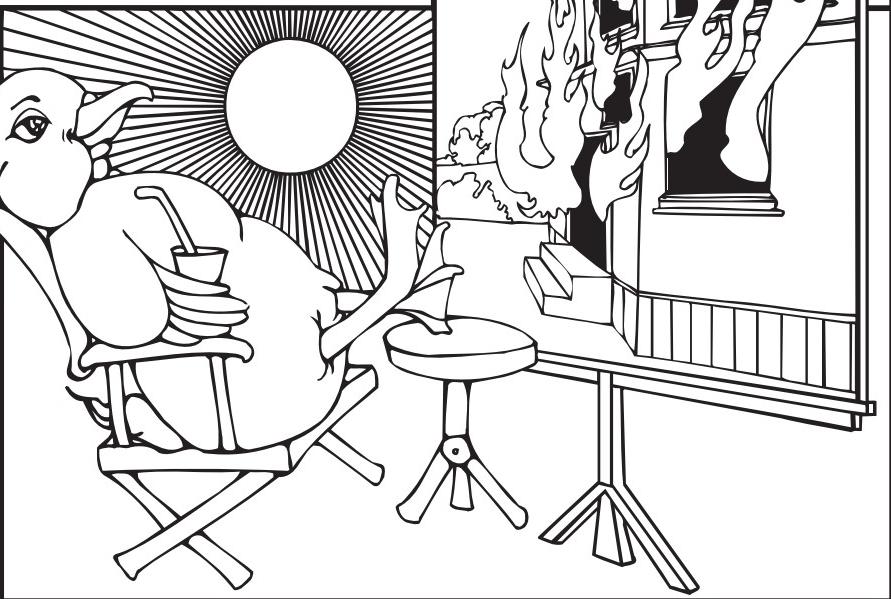
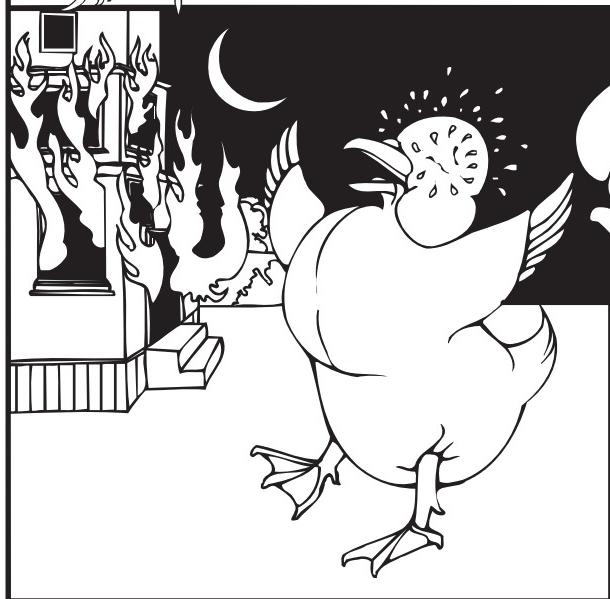
When we live 2/3rd's within ourselves, we see that we are not what we are aware of. We see that we can move our awareness with our will.



But when we do not live 2/3rd's within, we get stuck in the mind. This means that when we experience unhappiness we think we ARE unhappiness.



If we live in unhappiness, we're not unhappiness. That's only one of the cities of the mind. This is a great understanding. You can catch this understanding in thirty seconds, thirty minutes, thirty hours, thirty weeks, thirty months, thirty years or thirty lifetimes.





When we find ourselves in unhappiness, there are two things we can do to move awareness toward happiness. We can control our breath and make our spine straight. It is impossible to be unhappy when the spine is straight. When we control our breath, we control our mind.



The greatest barrier to bliss is fear. Consciousness and awareness are the same when awareness is identified with and attached to that which it is aware of. To separate the two is the artful practice of yoga. Practice yoga. Move awareness. Go to the center where fear does not exist.



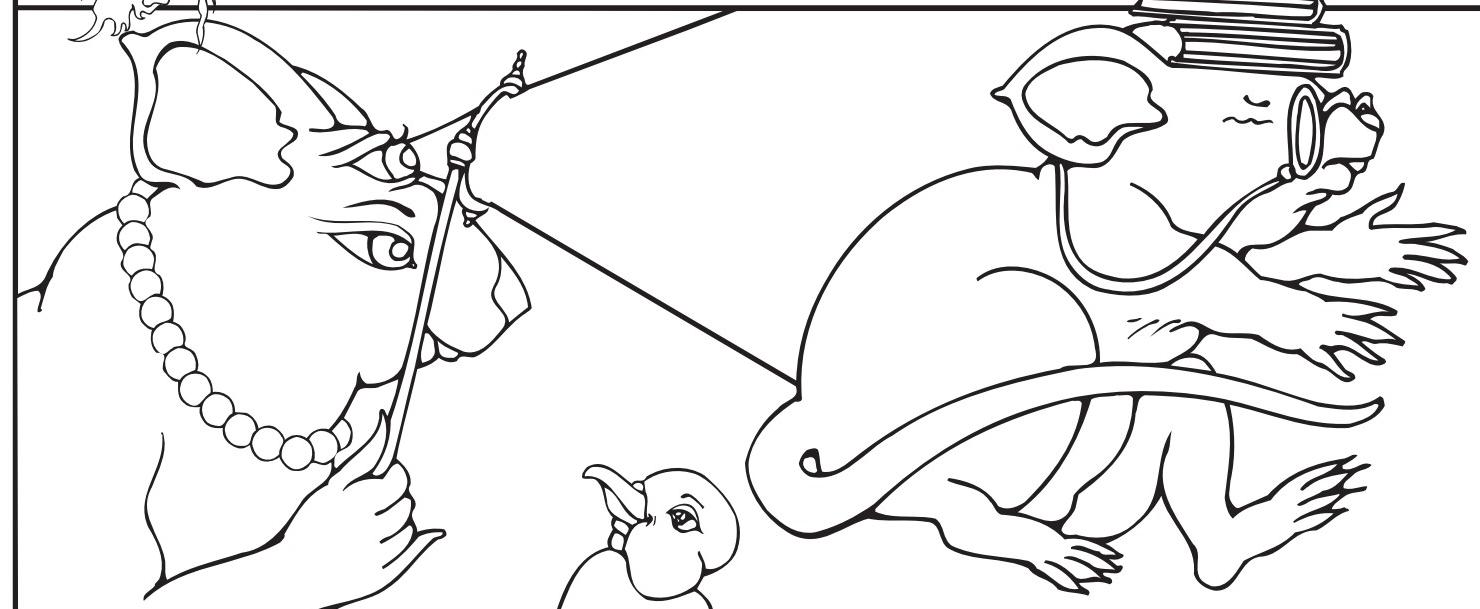


The study of awareness is the study of yourself. You are awareness. You live in five bodies. First is the soul body. In four other bodies we experience thought, emotion and physical life. Get acquainted with yourself as being awareness. Say to yourself, "I am awareness. I am aware. I am not the body. I am not the emotions. I am not the thinking mind. I am pure awareness." Pure awareness does not react. Reactions occur within the physical and astral bodies.

1. Soul Body
2. Mental Body
3. Emotional Body
4. Pranic Body
5. Physical Body

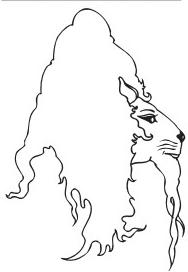
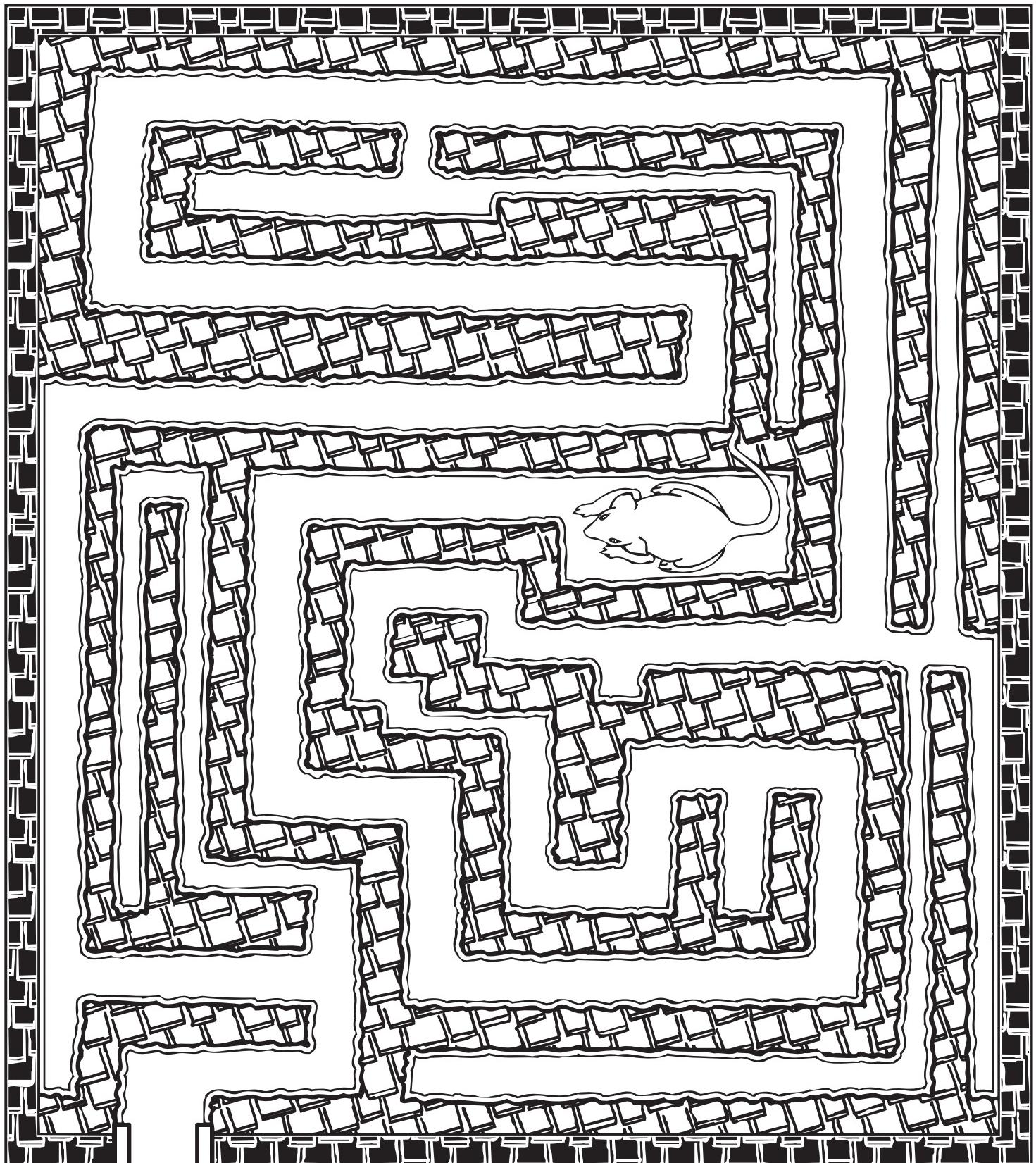


We have three eyes. We see with our physical eyes and then think about what we have seen. Going into meditation, we see our thoughts with our third eye. If we choose one or two of them and think about them, we lose the value of the meditation.



It is control of the breath that controls the thoughts that emerge from the subconscious memory patterns. Once this is accomplished, we are blissful and detached. We are seeing with the third eye which is the eye of awareness. Each of us can experience the freedom of pure individual awareness, that ball of seeing light, that can go anywhere.





The quest is to keep traveling through the mind to the ultimate goal.  
When we are conscious that we are awareness, we are free to travel.  
But the mind is like a maze. And we must find our way back through this  
maze of the mind to the source. This is the ultimate goal.  
This is merging with Siva.



Awareness is an extension of prana from the central source, issuing energy. The realization of Self is not the realization of your personality. It is the realization of Siva, your Self. Energy goes where awareness goes. To pull awareness within is to take energy back to its source the Self God.



As Sage Lion begins to teach Mystic mouse about **awareness**, there is much that Mystic Mouse cannot yet understand. But just talking about awareness and the Self God fills his life with great inspiration. Now he wants to do his sadhana more than ever. Sage Lion is happy with Mystic Mouse's enthusiasm and summarizes his instruction about **awareness**:

*“Before Self Realization awareness is in the external mind trying to penetrate the inner depths. After Self Realization the process is reversed. Mind and consciousness are synonymous. Awareness is man’s spiritual being, flowing through the vast universe of the mind. We want to be able to flow awareness through any area of the mind at will, consciously. When we can do this, we can flow awareness to the source. The Self awaits our control of awareness.”*



# Questions about the fifth adventures of Mystic Mouse.

1. What does Sage Lion describe as a “ball of light”?
2. What does Sage Lion mean by “2/3rd's within”?
3. What happens when we live “2/3rd's within”?
4. What happens when we do NOT live “2/3rd's within”?
5. How long does it take to discover detachment?
6. What are the two things that we can do to move awareness toward happiness?
7. What is the greatest barrier to inner bliss?
8. What are the five bodies?
9. How many eyes do we have and how do we use them?
10. What is the ultimate goal of awareness?
11. Please describe the entire story of awareness in your own words.





# 6 Wisdom

Based on Merging with Siva  
Part One, Chapter Six:  
“Wisdom’s Path”

प्रज्ञानपन्था:



ONE

MIND

There is no “your mind” and “my mind.” There is only one mind, finished and complete in all stages of manifestation.

Wow!  
That's  
what I call  
Wisdom!



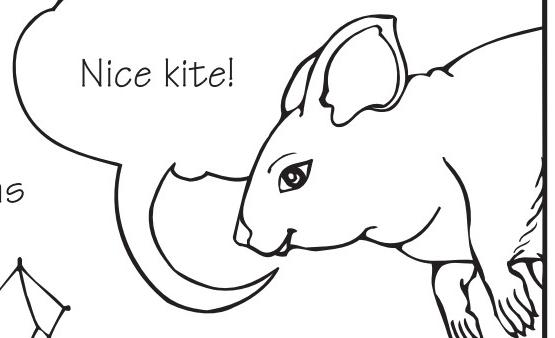
Yes, You and I share one mind.  
Isn't that wonderful? This  
is a wonderful teaching  
of yoga.



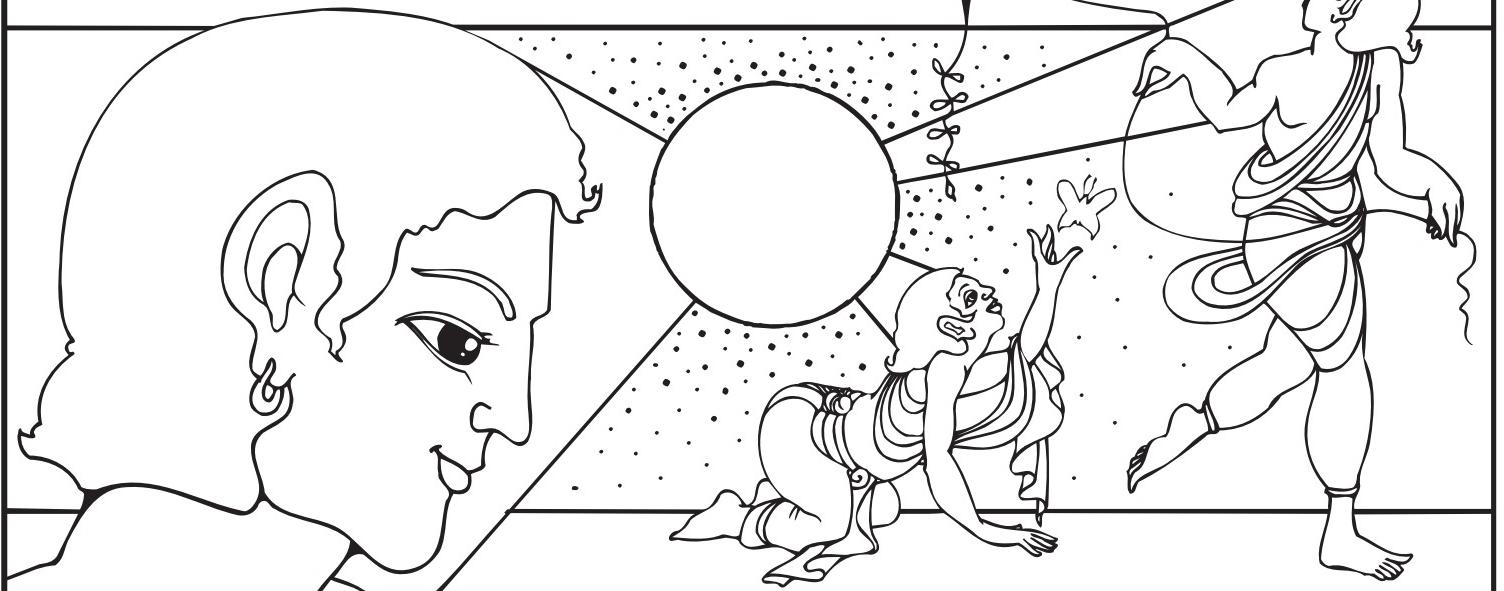
Man's  
individual awareness  
flows through this one mind as  
the traveler travels around the globe



When we grow up and look back on our childhood, we think we have changed. But when we begin to meditate, awareness becomes our real identity. Awareness was the same at seven years of age as it is today. It is the same in happiness as it is in sadness. Pure awareness cannot change. It is simply aware. Awareness is perfect right now.



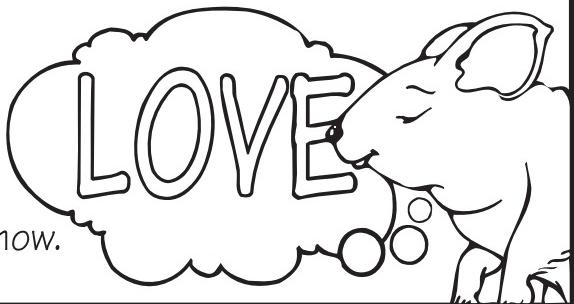
Nice kite!



Everything is as it should be. Everything is perfect right now. The soul sees this clearly. The instinctive-intellectual mind cannot understand this perfection. Looking through the instinctive-intellectual mind is like having blinders on both sides of your eyes, like a donkey. The carrot of desire dangles right in front of your nose and you are going after it, one step at a time.



Your intuition works very rapidly, yet it is very reasonable. It is reasonable but does not use the process of reason. When you reason something out, it takes a lot of time. Intuition is immediate, right now.



He really  
got angry.

But he was  
in a bad  
mood.

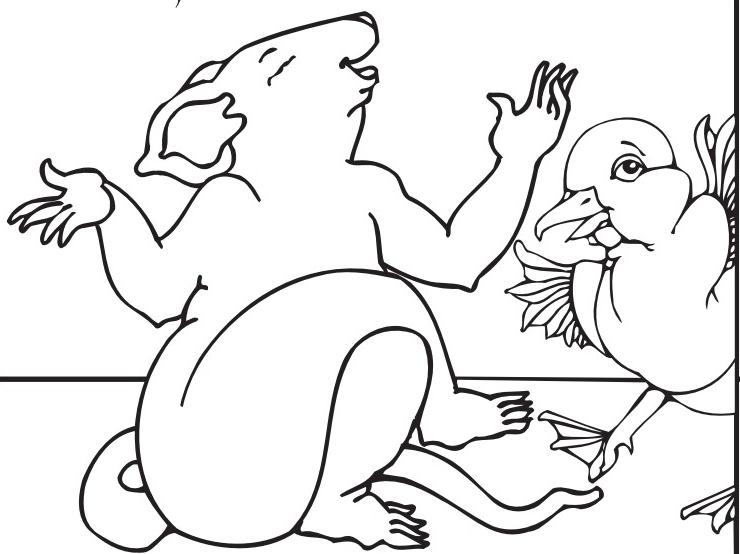
Actually  
he is  
nice.

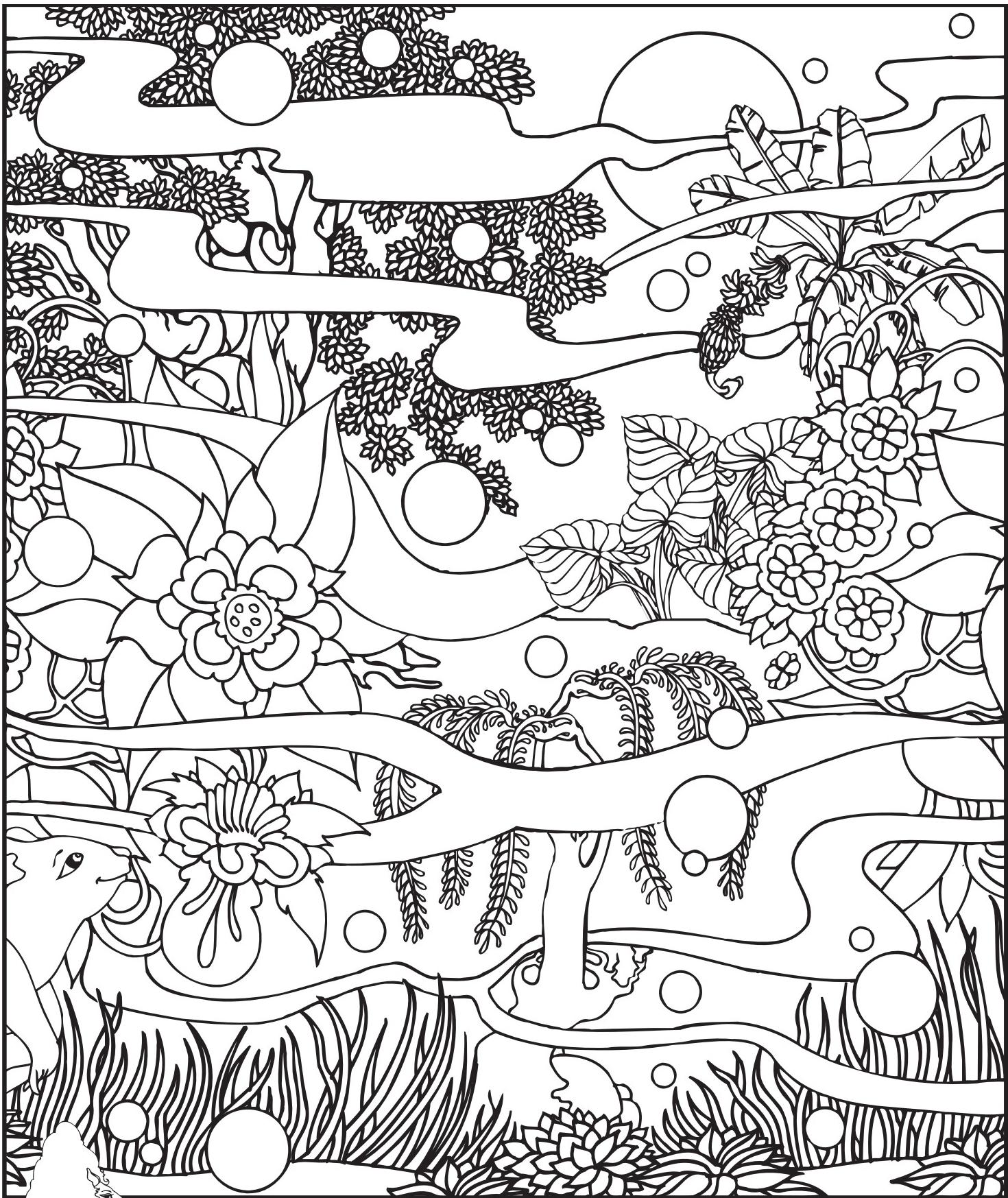
I  
like  
him.

LOVE

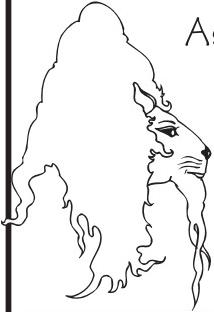


Observation is the first faculty to appear in the awakening of the superconscious regions. Observation is cultivated by abstinence from excessive talk. Talk dissipates the energies of the aura and of the vital body of man. A mystic generally does not talk very much. Be silent and observe. Through observation you will come to know the superconscious.

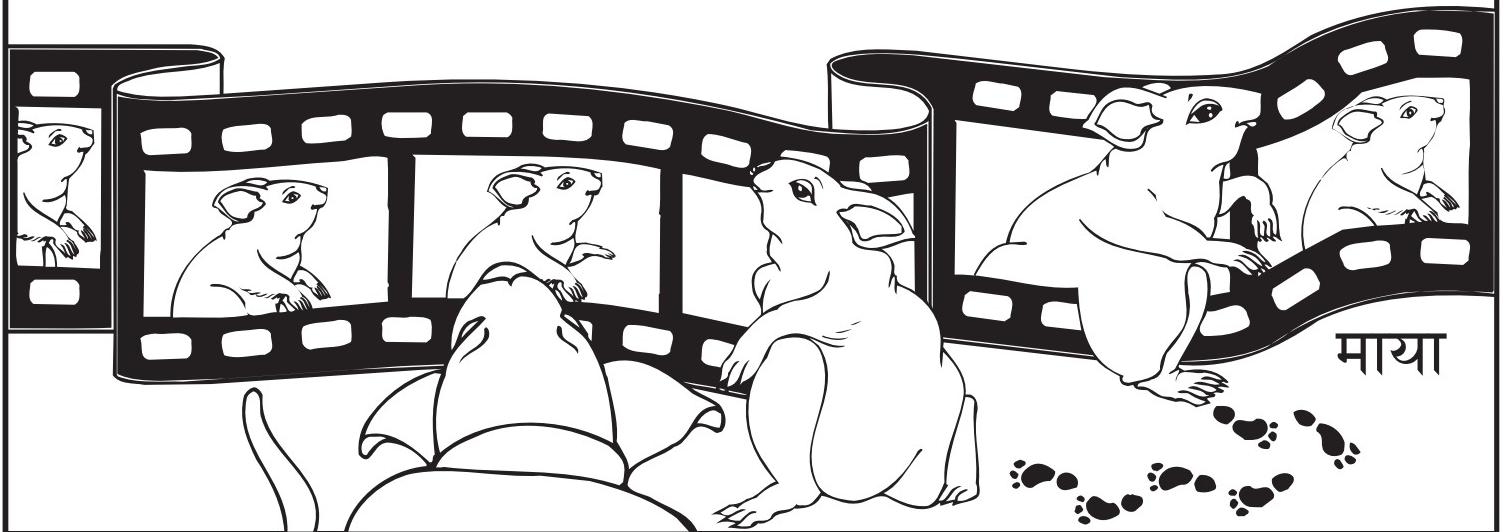




When awareness is in superconsciousness, you are pure life force flowing through people, through trees, through plants through water, through air. That is superconsciousness. It is so permanent. It is so real.



As awareness soars within, we experience superconsciousness. Then we have our ultimate experience, awareness dissolving into itself, beyond superconsciousness itself. After Self Realization, you are looking at the film, the movie of the actors and actresses, including yourself. You are more conscious of the light projected through the film than of the pictures displayed. Before the awakening, it all seemed so real.



Finally Sage Lion explains **Wisdom** to his young eager spiritual apprentice. Mystic Mouse is very happy. First he learned that there is only one mind, and that he shared that one mind with his dearest and deepest friend, Sage Lion. Then he learned about awareness. He learned that yogis learn to control this awareness so that they can move anywhere in the mind at will. Sage lion than reveals to him that everything is perfect right now from the view of higher consciousness while in lower consciousness desire traps awareness into running after one thing and another. Finally, Mystic Mouse learns the difference between intuition and reason, that intuition does not conflict with reason but is faster and clearer. Sage Lion cautions Mystic Mouse about excessive talk, explaining that it makes intuition difficult, then inspires his furry friend with tantalizing testimony about the superconscious within and the Self beyond. It's almost more than Mystic Mouse can take in one sitting, but he vows to make it real in personal experience quicker than the blink of an eye. After all, it doesn't take time.



# Questions about the sixth adventures of Mystic Mouse.

1. What is the difference between the mind of Mystic Mouse and the mind of Sage Lion?
2. What is awareness?
3. Does awareness change?
4. What is it like to live in the now?
5. Please explain the idea of the donkey and the carrot.
6. How is awareness like the traveler traveling the globe?
7. How is intuition different from reason?  
How is it the same?
8. Please describe “observation.”
9. What happens to observation when we talk too much.
10. What is it like for awareness to be in superconsciousness?
11. Please describe the entire story in your own words.





# WILL

Based on Merging with Siva  
Part One, Chapter Seven:  
“Willpower”

सङ्कल्पशक्तिःह



We are not always sitting down concentrating  
on a flower in the search for the Self.

Once we have decided  
that Self Realization  
is the ultimate goal  
for us, we go on  
living our normal  
wonderful life.

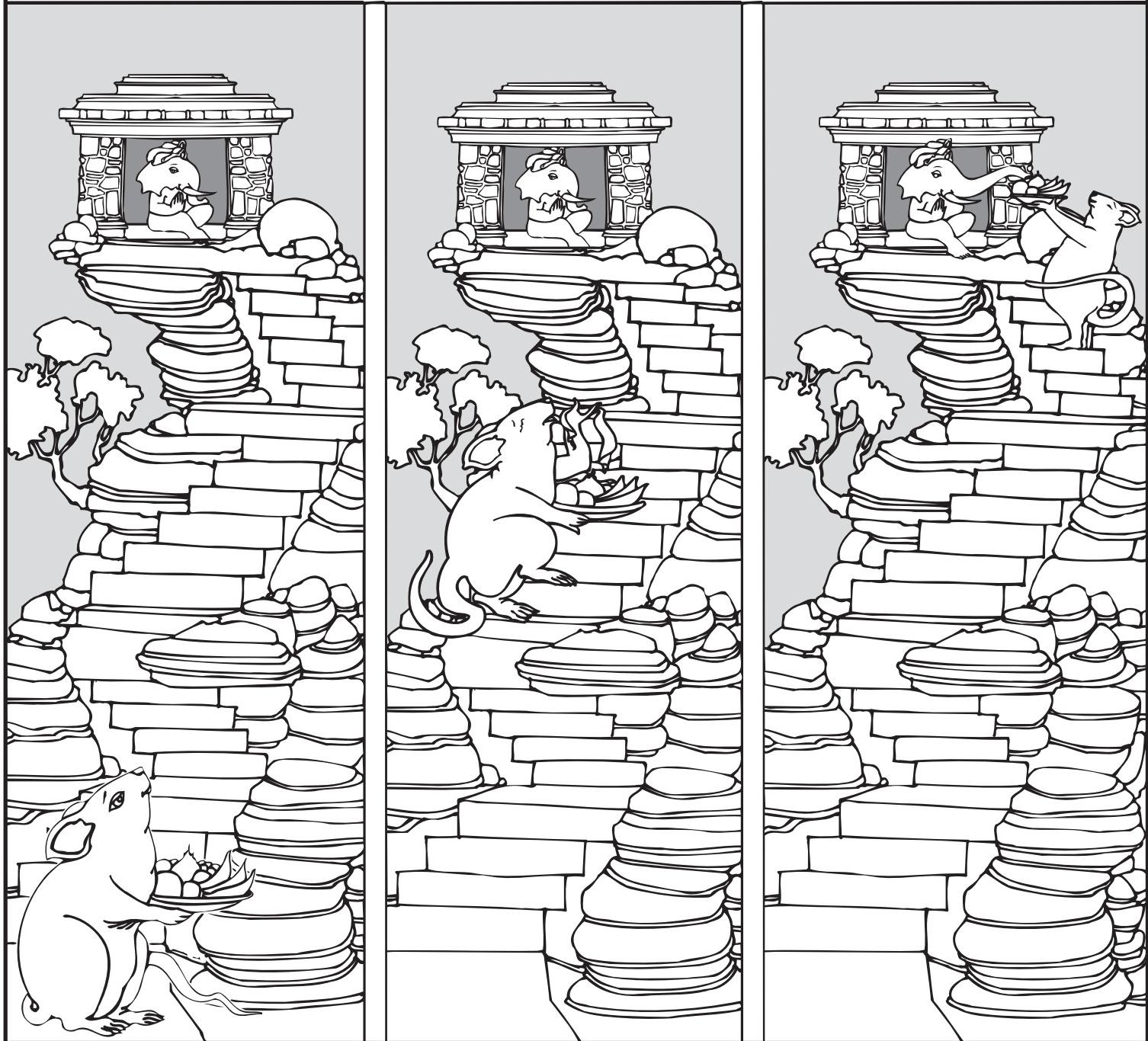
Everything that we do in life can  
collectively be channeled toward the  
ultimate goal, for what we need is a  
dynamic will. We need a strong

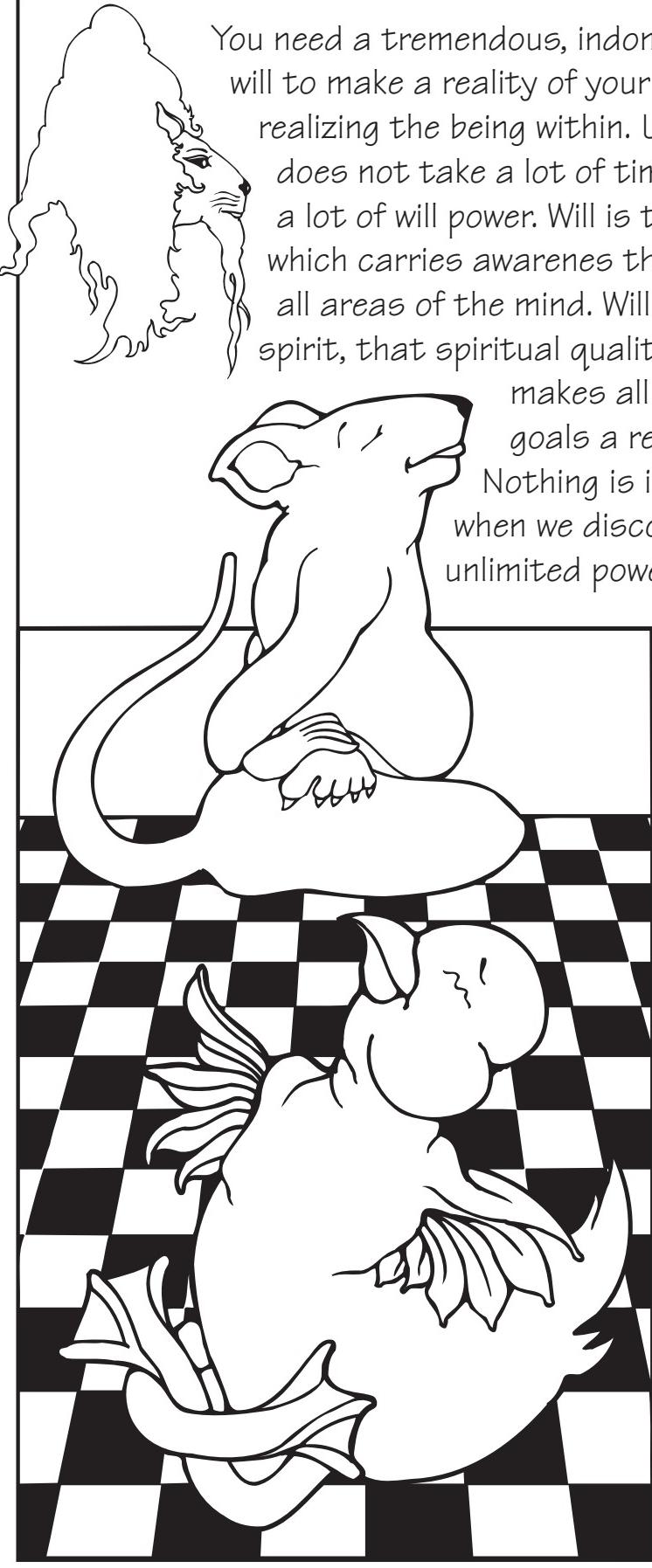
**Willpower.**





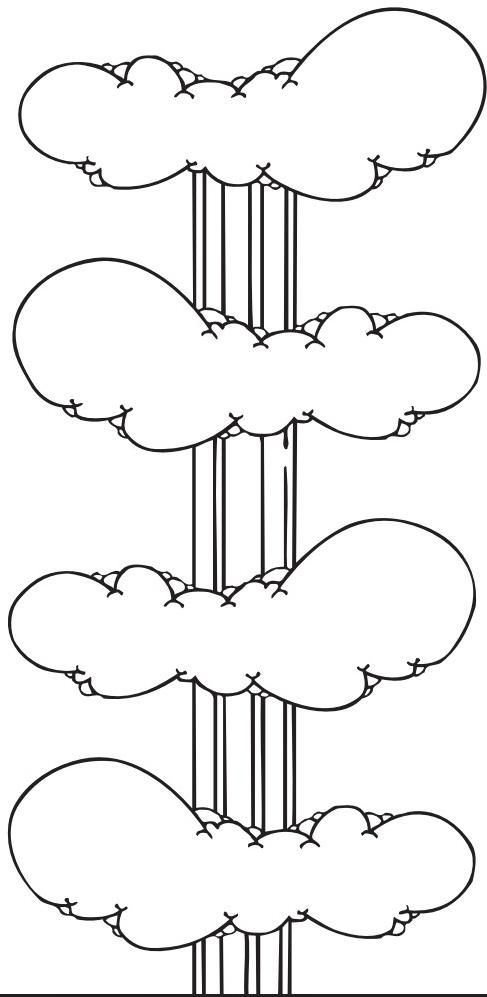
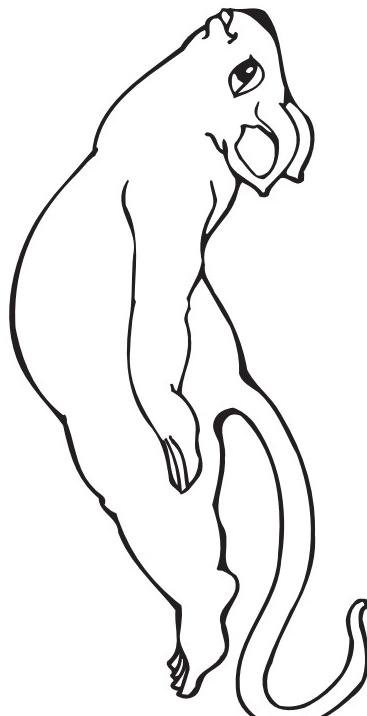
Willpower is the channeling of all energies toward one given point for a given length of time. What does this mean? This means that if you are going to finish something, you finish it. Finish that which you begin. Finish it well, beyond your expectations, no matter how long it takes. If you are going to do something, do it well. Always do a little more than you think you can do. This brings forth just a little bit more will. Discover the will. It is very important.





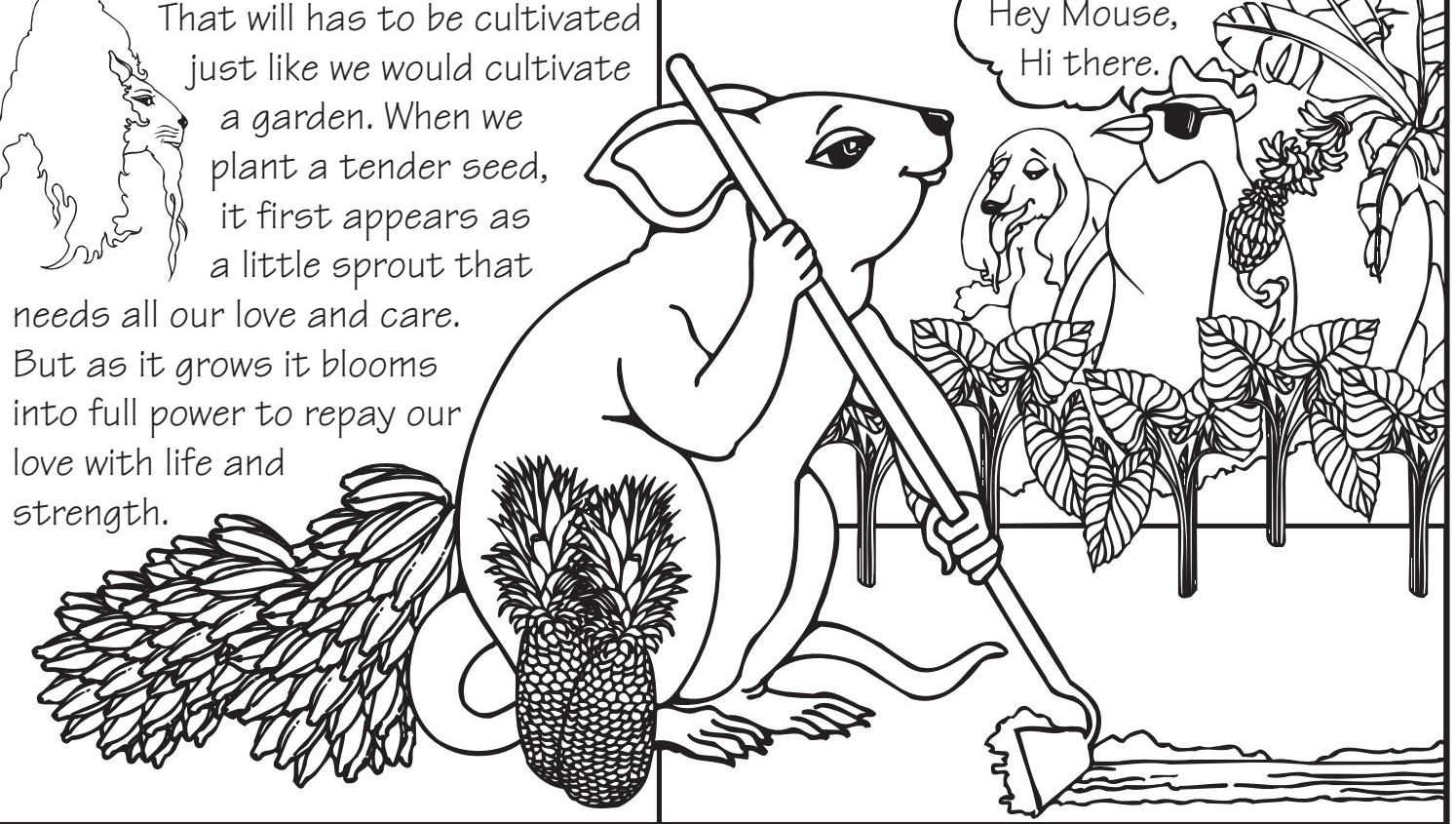
You need a tremendous, indomitable will to make a reality of your quest of realizing the being within. Unfoldment does not take a lot of time. It takes a lot of will power. Will is the fuel which carries awareness through all areas of the mind. Will is that spirit, that spiritual quality, which makes all inner goals a reality.

Nothing is impossible when we discover the unlimited power of will.





That will has to be cultivated just like we would cultivate a garden. When we plant a tender seed, it first appears as a little sprout that needs all our love and care. But as it grows it blooms into full power to repay our love with life and strength.



Discover the will. Feel the energy in the spine. There is no lack of it. The more you use of it, the more you have to use. It is coming from the central source. You want awareness to be renewed? Don't try to go to the Self. You have not realized it yet. Go to the spine. Feel the spine. Feel the power of the spine. When you become aware of the energy within your spine you have separated awareness from that which it is aware of.



Well well well, it's Doppy Dog and E. Z. Penguin. I am so pleased to see you here. I've been waiting for you to come around. Your friend Mystic Mouse has been learning about the power of the spine and will. Now we are talking about will and it's two friends: energy and awareness.

Will

Energy

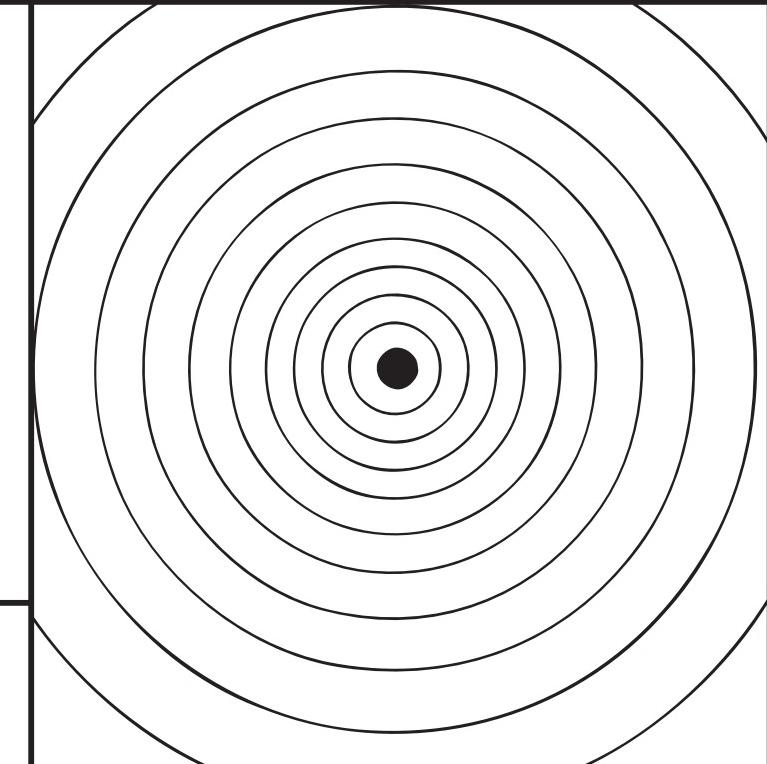
Awareness

Actually, energy, awareness and will are the same thing. But first, work with willpower, awareness and energy as three separate items. Feel awareness and discover what it is. Use willpower and discover what it is. Feel energy and discover what it is. Then separate the three of them in your intellectual mind and in your experience. After you have done that you will begin to see inside yourself that the three are the same.



Here are the ingredients for meditation: 1. Attention,  
2. Concentration, 3. Meditation, 4. Contemplation and 5. Samadhi.

The Self is not something that we get. We cannot get what we already have. We have to go into the elements of the physical body, into the elements of that and into the energy of that and into the vast inner space of that and into the that of that and finally we realize that we have realized the Self.



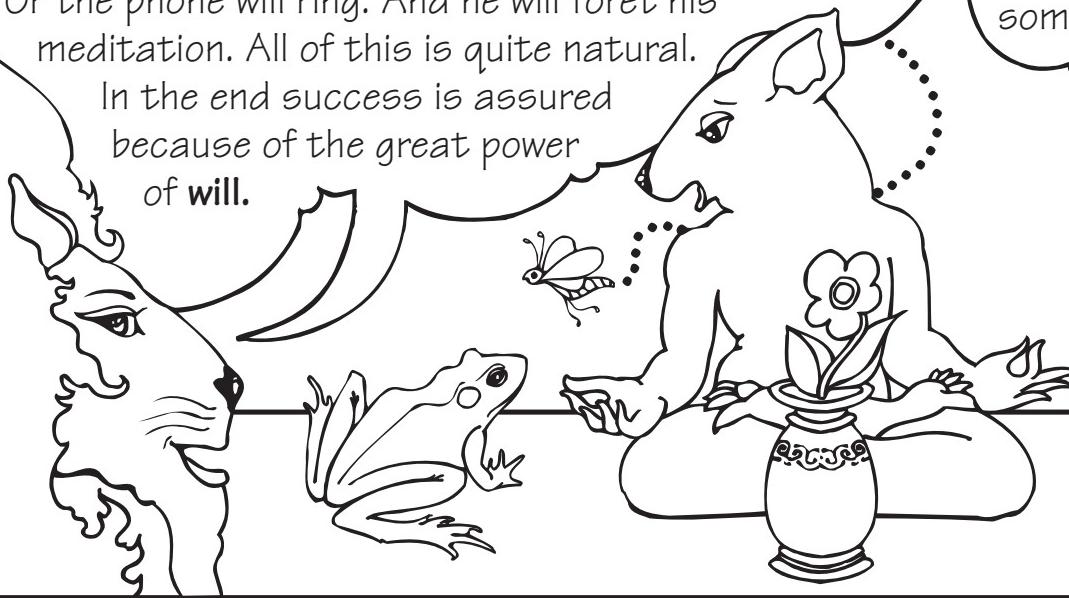
Perhaps the biggest battle in the beginning stages of meditation is breath control. This regulation of the breath in yoga is very important. It helps control awareness. Until the beginning meditator learns how to do this, he will be easily distracted. A bug will fly by. A frog will jump.

Or the phone will ring. And he will foret his meditation. All of this is quite natural.

In the end success is assured because of the great power of **will**.

Yo M,  
Let's get  
some dosai.

Ring  
Ring



With Sage Lion's loving assistance and guidance, Mystic Mouse discovers within himself perhaps his greatest tool in the practice of yoga: **Will**. Sage Lion carefully explains that to use the will is to channel all energies toward one point. And, he says, this can be done all day long in all that we do—not just when we are meditating. By using willpower all day long, he says, we are moving constantly toward the **SELF**, the ultimate goal of life.

As Doppy Dog and E. Z. Penguin come close to observe what their friend, Mystic Mouse, is doing with this big ferocious Lion, they hear about will being the same as energy and awareness, and they become very interested. They are especially interested when Mystic Mouse seems to transform right before their very eyes as he practices the five steps of yoga: attention, concentration, meditation, contemplation and samadhi. But Sage Lion is quick to caution that yoga is not easy and distraction is a real challenge. He tells Mystic Mouse to be determined and he will succeed. He will succeed, because he has **WILL**.



# Questions about the Seventh adventures of Mystic Mouse.

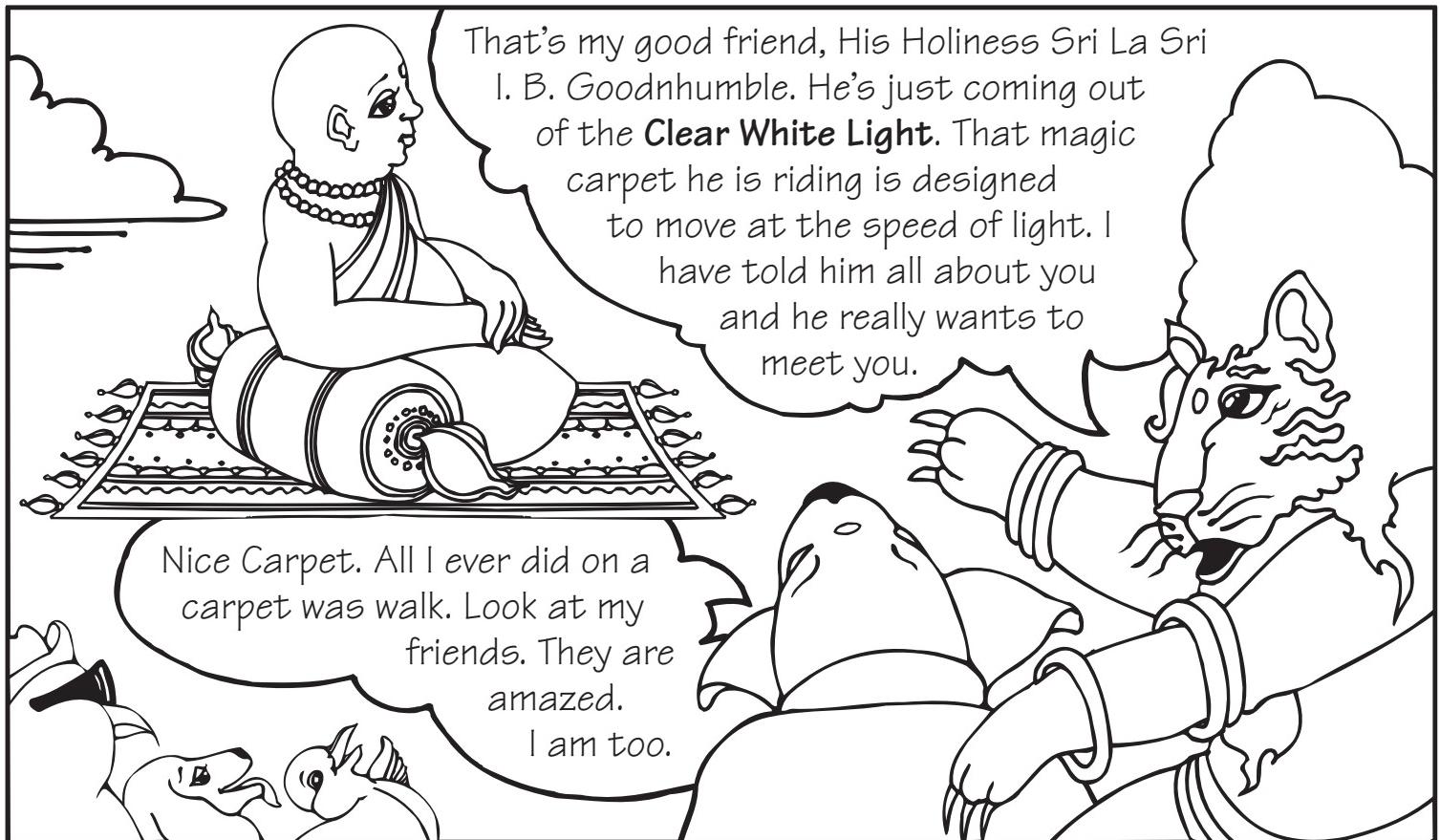
1. What does Sage Lion say we need to make everything that we do in life collectively channeled toward the ultimate goal?
2. What is willpower?
3. Please give an example of the way that willpower is used.
4. Does unfoldment take a lot of time? What does it take?
5. What do we do first to discover willpower?
6. Do we ever run out of willpower? Where does it come from?
7. What is the difference between will, energy and awareness?
8. What are the five steps of meditation?
9. Why is breath control important in meditation?
10. Does Mystic Mouse get distracted in meditation? Why?
11. Please describe the entire story in your own words.



# Clear White Light

Based on Merging with Siva  
Part One, Chapter Eight:  
“The Clear White Light”

प्रसन्नशुक्लज्योतिः

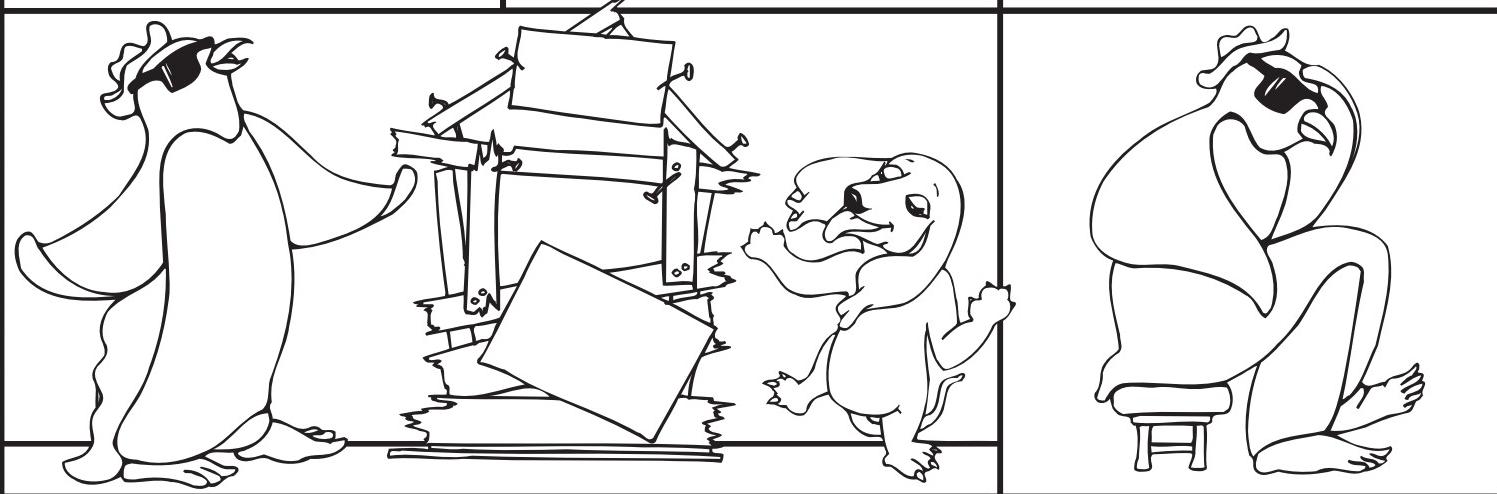
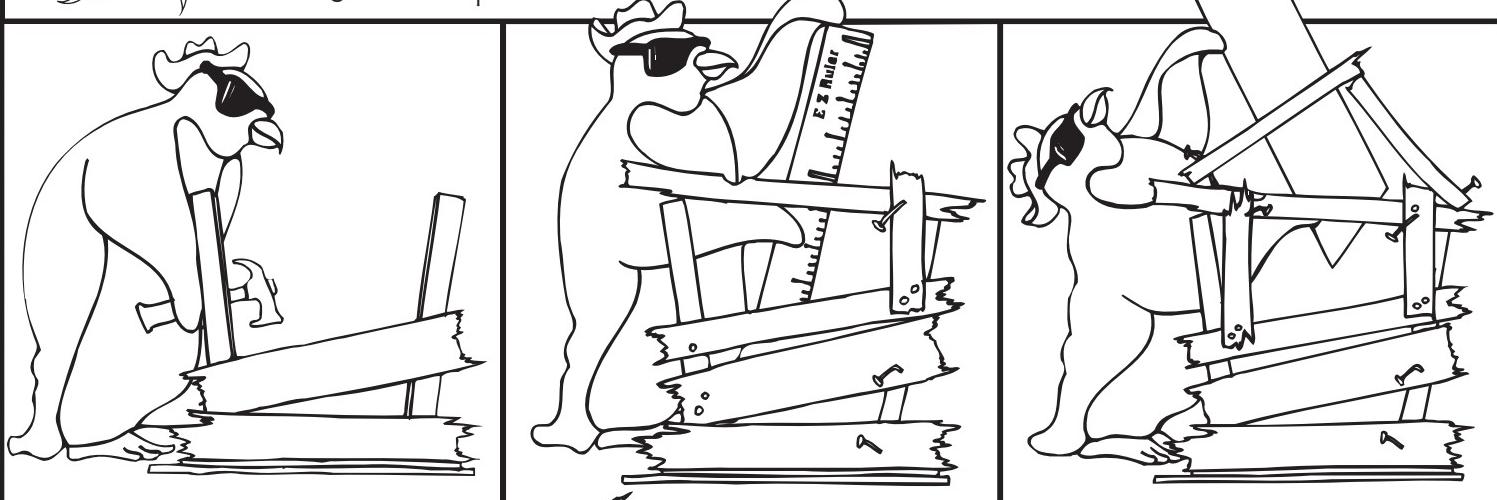


Oh Sage,  
where can I  
get a neat  
carpet like  
that?

Actually you don't need a magic carpet to find your inner light.  
But there are a few things you should do first.



Look there at E. Z. Penguin and Doppy Dog! E. Z. is building a house for Doppy. That's so sweet. But when man comes to the point in his evolution when he has sufficient mastery in the mind to produce "things," he suffers from lack of peace. In his creativity he must keep on producing to insure his mental security. Should he stop for a moment, the sudden change might cause great depression.



O great guru of the light which is clear and white, we greet you with much respect. These are my friends, Doppy Dog, E. Z. Penguin, Mystic Mouse and Fraidy Duck.

Hello! My name is I. B. Goodnhumble, but you can just call me Sri I. B.

How does he just fly off into the light like that?

The great secret of His Holiness Sri La Sri I. B. Goodnhumble is the NOW. It is a secret that anyone can share but not many people do. As man's mind grows, he first looks to the future with great hopes and dreams.

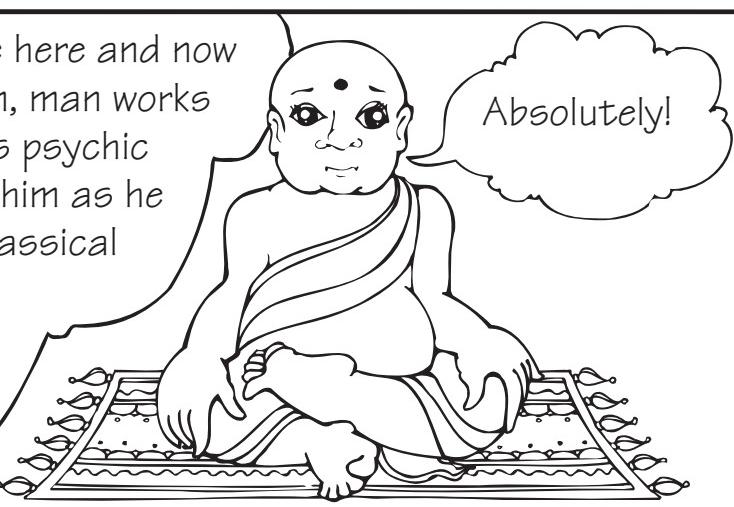
When the future does not give him satisfaction, he looks to the past. Back and forth he goes between the past and the future looking for peace. Finally he gives up. And in this giving up he discovers NOW.

**PAST**

**FUTURE**

When the feeling and the realization of the here and now consciousness becomes interesting to him, man works daily on yoga techniques to strengthen his psychic nerve system. Many things fall away from him as he expands his consciousness through the classical practices of meditation. He loses his

attachment to the world. Would you agree, I. B.?



A sage with a shaved head and a white cloth wrapped around his waist sits cross-legged on a mat decorated with small fish. He has a serious expression and is looking towards the right side of the frame.

Absolutely!



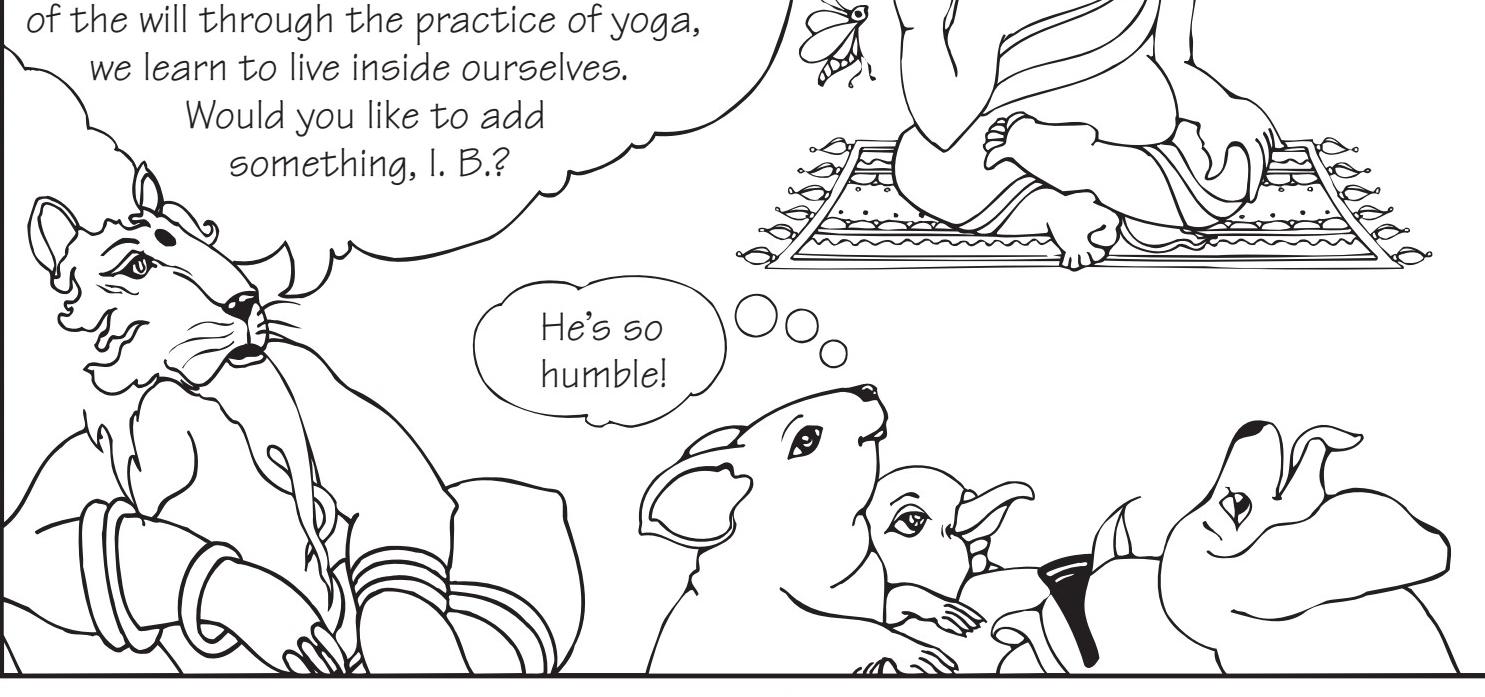
Now, in the dawn of a new age, when many people are being drawn within, it is much easier to attain and maintain perception through the bright light within the body. By perfecting the use of the will through the practice of yoga, we learn to live inside ourselves.

Would you like to add something, I. B.?



A sage with a shaved head and a white cloth wrapped around his waist sits cross-legged on a mat decorated with small fish. He has a calm expression and is looking towards the right side of the frame.

Om Tat Sat!

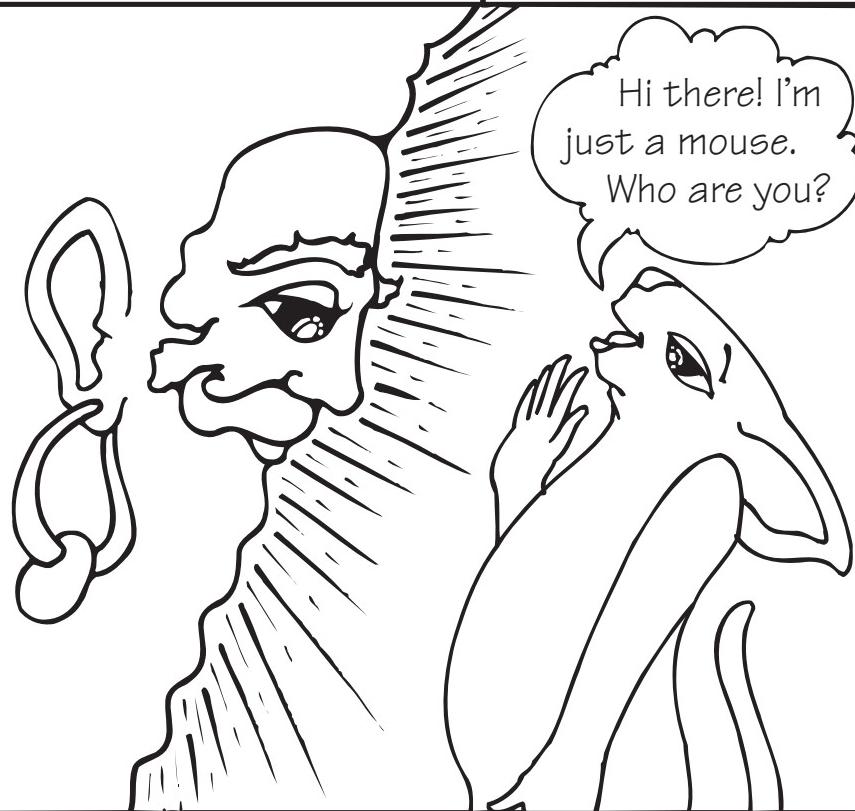
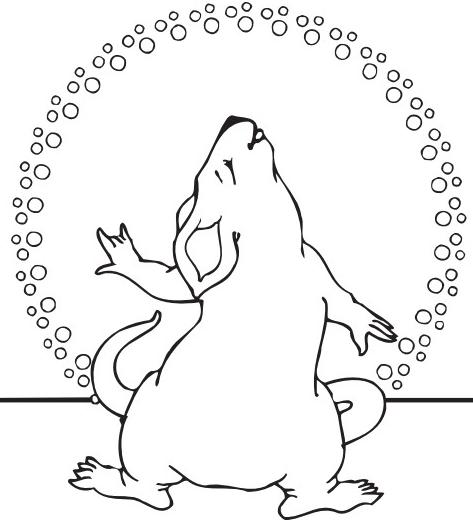
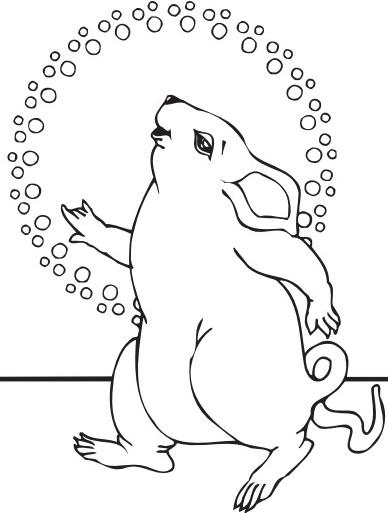
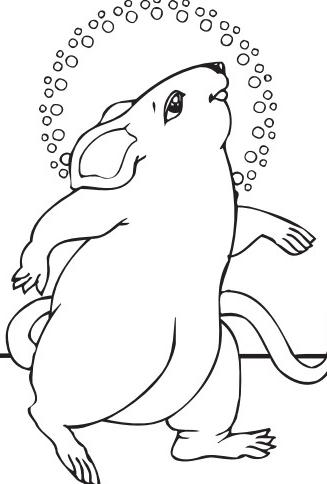


Three animals are shown in profile, looking up at the sage. On the left is a lion with its mouth closed. In the center is a deer with its head tilted back. On the right is a monkey with its mouth closed. A small butterfly flies between the lion and the deer.

He's so humble!

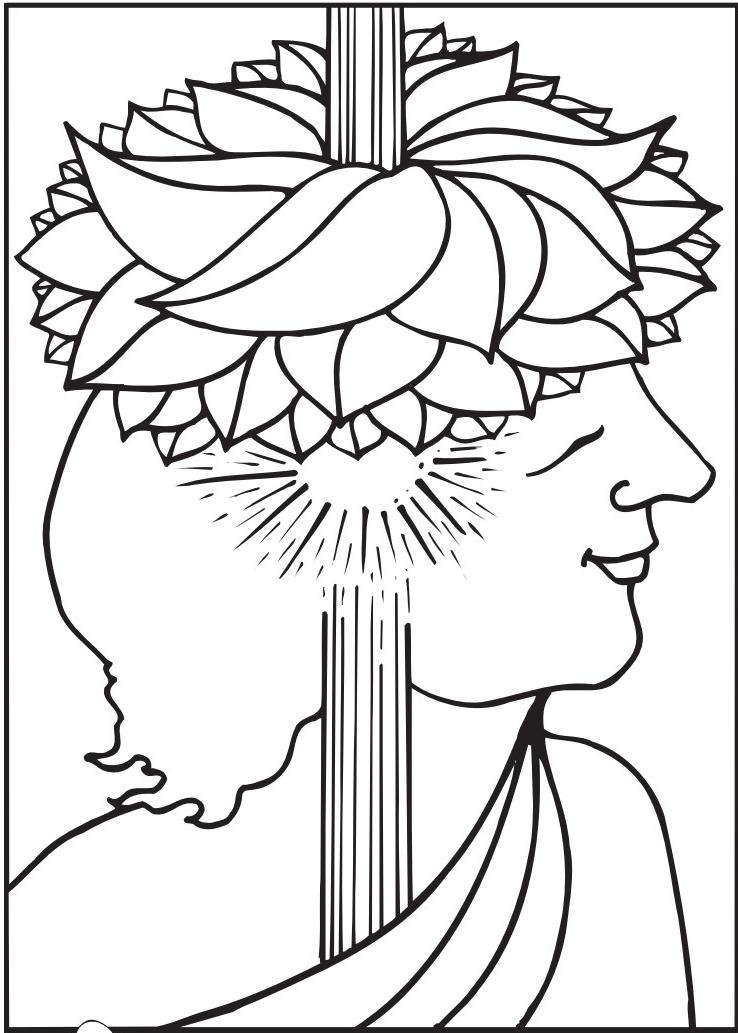


The young aspirant just becoming acquainted with the path to enlightenment may wonder how much he has achieved so far. There are a few cardinal signposts. The NOW consciousness is one. A moon light glow within the head is another. Perhaps the golden face of a great deva will appear. Through consistent daily yoga practice, the inner light grows brighter and brighter. Finally, the clear white light bursts forth.



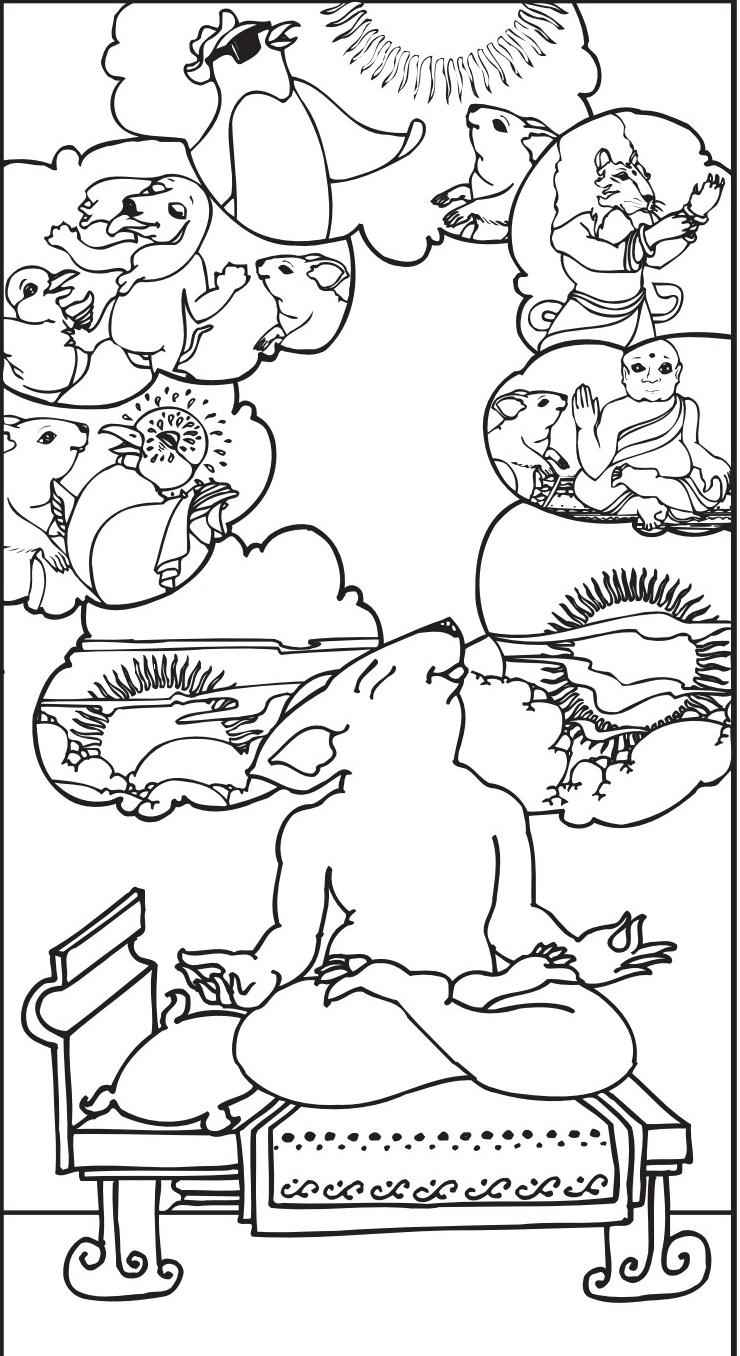
This Clear White Light changes our life. It's not the Absolute but it is a great step along the way.

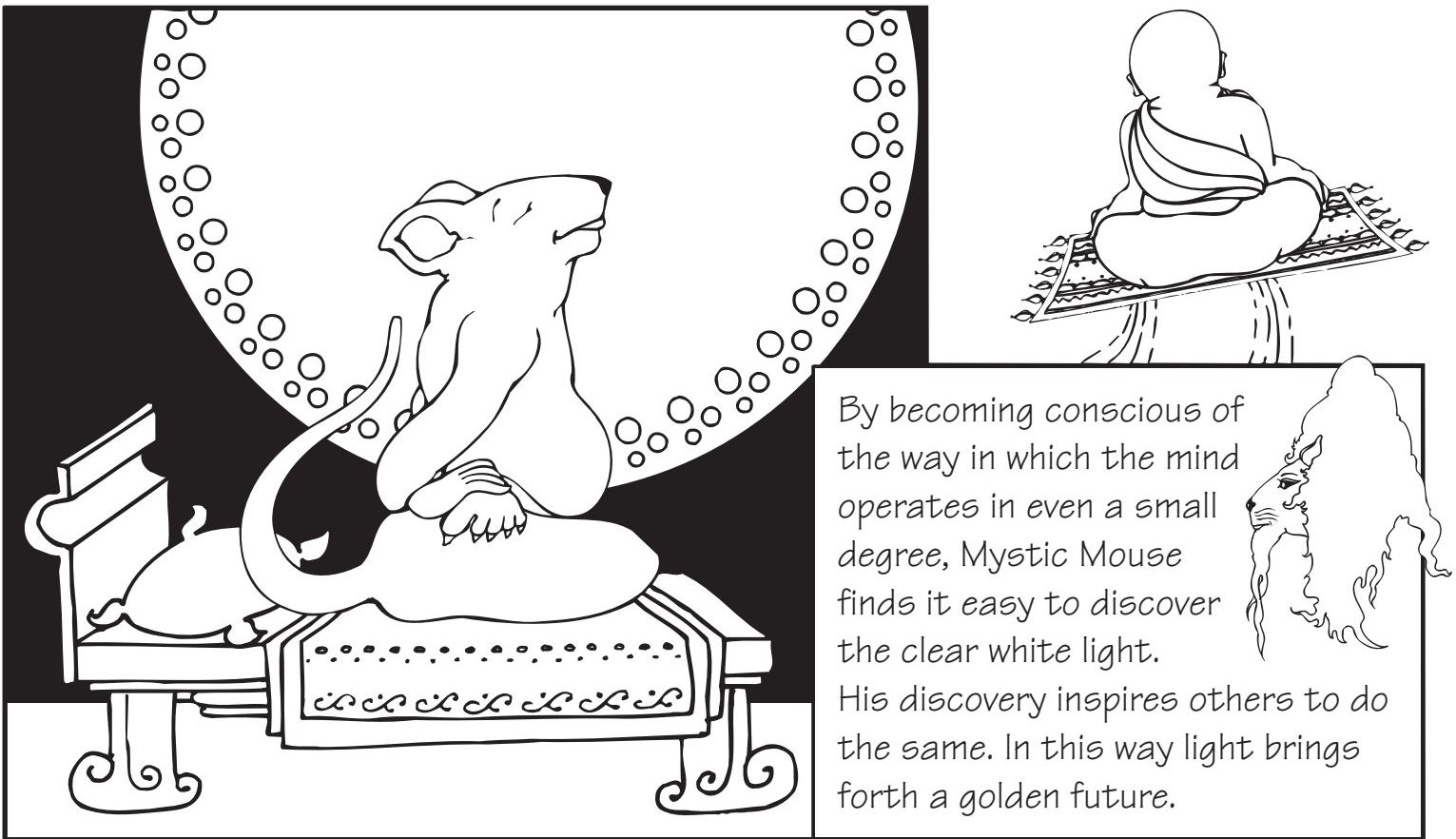




When the seal is broken and clear white light has flooded the head, the difference between the inner and the outer mind goes away. Even negative states of consciousness can be dissolved through meditation and seeking the light. One or two bursts of clear white light indicate only the beginning of deep inner life. But it is a wonderful beginning. Before going to bed at night the young aspirant can use the classical yoga technique of going back over the day in meditation.

As he reviews the day backwards from sunset to sunrise, he may experience reactionary conditions that were not resolved with love during the day. He then turns within to the inner light and these conditions magically melt away.





By becoming conscious of the way in which the mind operates in even a small degree, Mystic Mouse finds it easy to discover the clear white light. His discovery inspires others to do the same. In this way light brings forth a golden future.

Mystic Mouse asks Sage Lion: "What is it like to be in the clear white light?" Sage Lion replies: "It is as simple as sitting in a darkened room, closing the eyes in deep concentration and finding the entire inside of the head turning into light. At first it may be only a dim, moon-like glow, a pale flicker of several different colors, but then it becomes as bright and intense as the radiance of the noonday sun. Finally it is crystal, clear and white."

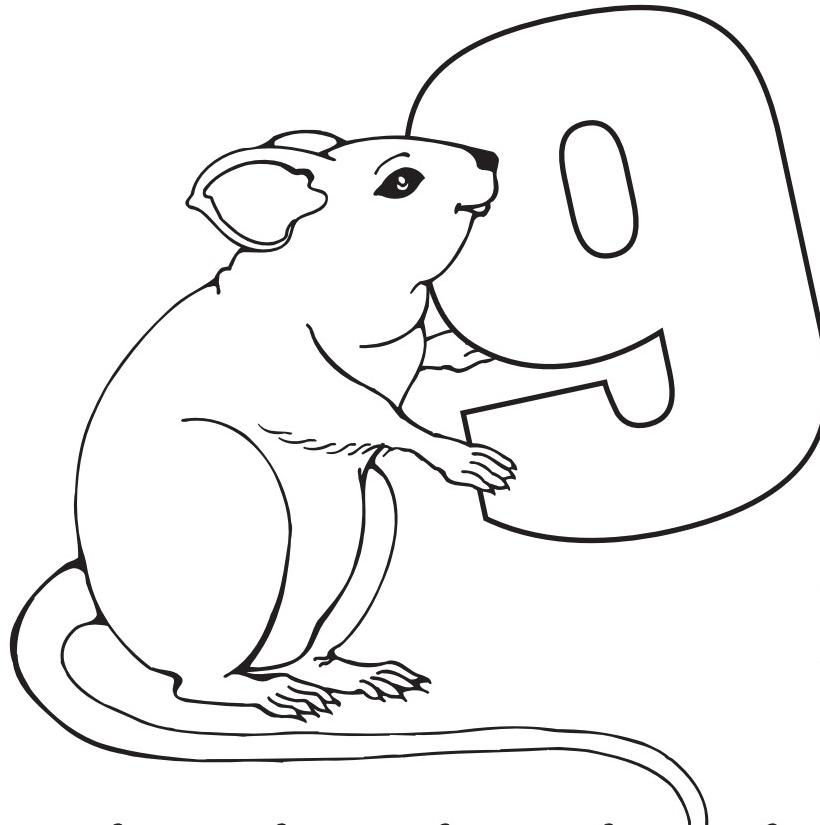
It is a great new world of the mind that is entered into when first the clear white light dawns. Of course, clear white light is not the Absolute, for where there is light there must be darkness. But after one burst of this great light, the force fields of attachment, resentment and jealousy are shattered. We can maintain more control of the mind and a greater consciousness. This frees us little by little from ever again generating the magnetic attachments that consume our consciousness in darkness.



# Questions about the eighth adventures of Mystic Mouse.

1. What happens to man when he comes to the point in his evolution when he has sufficient mastery in the mind to produce “things?”
2. What is I. B. Goodnhumble’s great secret?
3. What does man seek to find in the past or the future? Does he find what he is looking for?
4. Why does man become interested in the practice of yoga?
5. What happens to man when he begins to practice yoga?
6. What are some of the signs of success in the practice of yoga?
7. What happens when the yogi experiences the Clear White Light?
8. What happens to negative states of mind when we seek the Clear White Light?
9. Please describe the classical yoga technique of going back over the day in meditation right before bed at night.
10. What is it like to be in the Clear White Light?
11. Please describe the entire story in your own words.





# Lotus of the Heart

Based on Merging with Siva  
Part One, Chapter Nine:  
“The Lotus of the Heart”

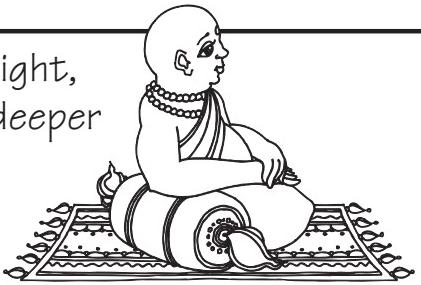
हृदयपद्मन्

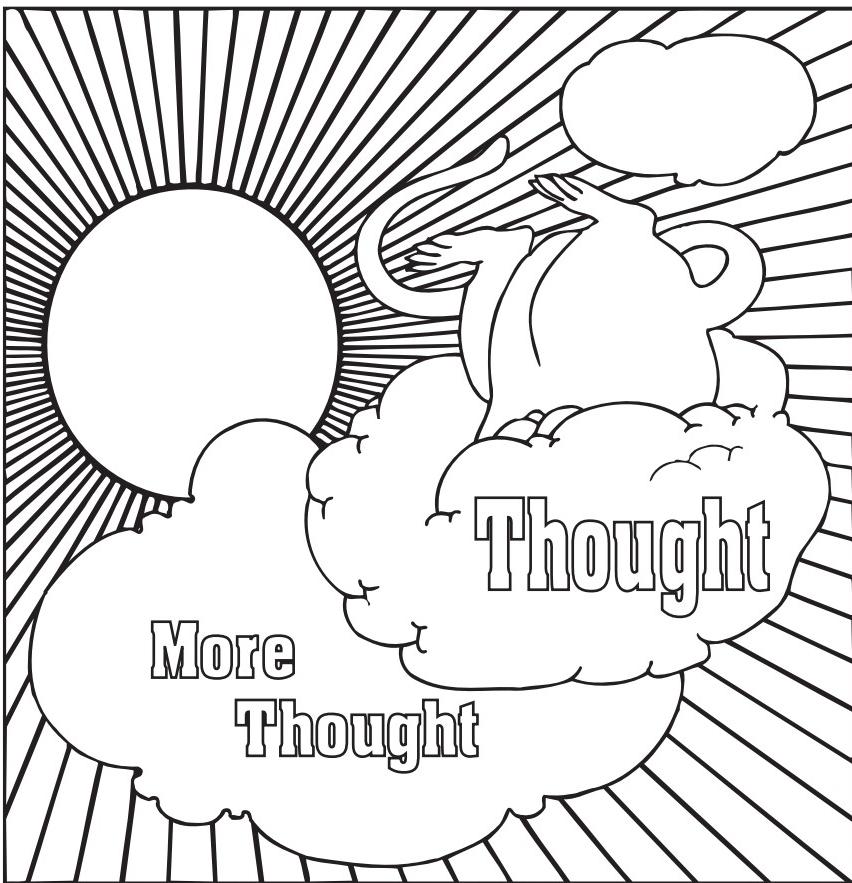


Visualize within yourself a lotus flower like this one that I am holding here. Visualize this lotus flower right in the center of your chest—right within your heart. Use your inner will to find the **Lotus of the Heart.**



Within this lotus flower, try to visualize a small light, about the size of your thumb. The Self God is deeper than that. It is deep within the light within the lotus.

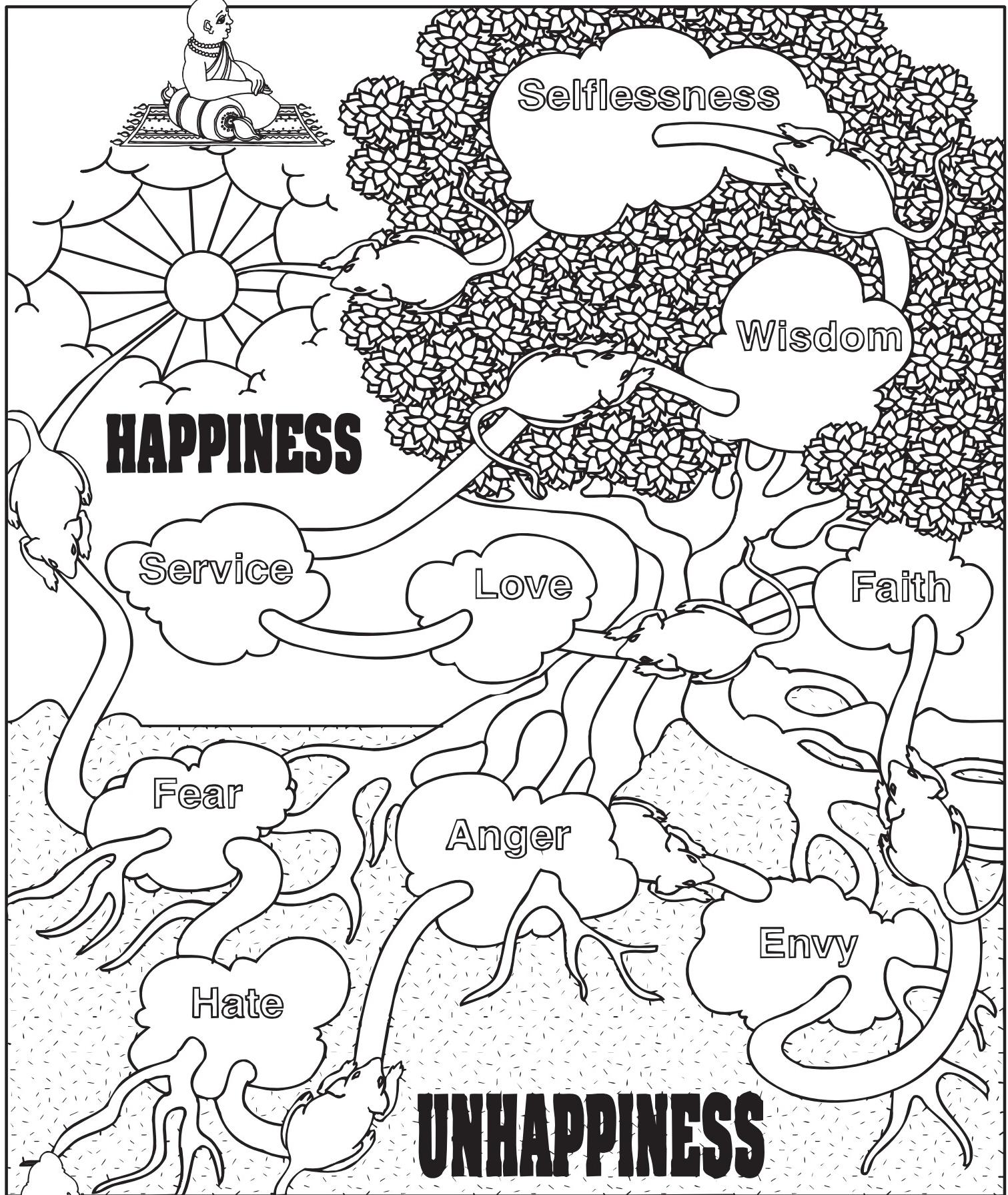




When the individual awareness turns inward, it is possible to feel and see the light that comes from the lotus of the heart. It is useless to think about the Self because it does not exist in the area of the mind where thoughts are. When you enter thought, you are going away from the Self. It is also useless to talk about the Self. The first step is to try to feel the subtlety within you. The light within the lotus of the heart comes from someplace doesn't it?

Each time we practice breath control we bring ourselves a little closer to the source of life within us. If you stop breathing, the life in your body stops. We have to use willpower to control the breath.

When we do control the breath, we begin to have an immense control, and awareness begins to become detached from that which it is aware of. We control our individual awareness more than we realize when we practice the control of breath. Try it yourself. Breath in for nine counts, hold one, out for nine counts, hold one. See how you become more alert and alive?

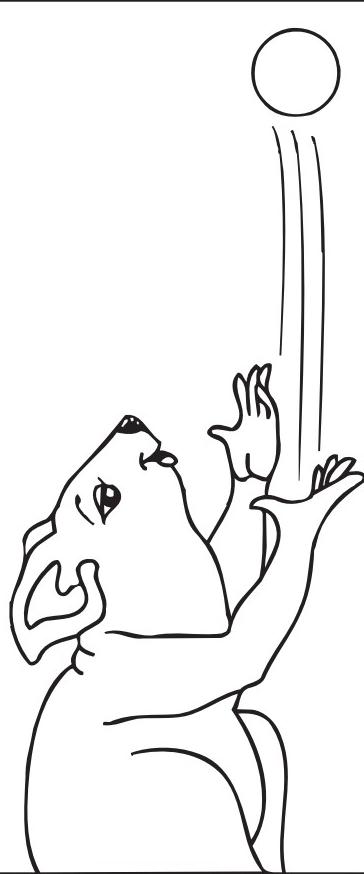
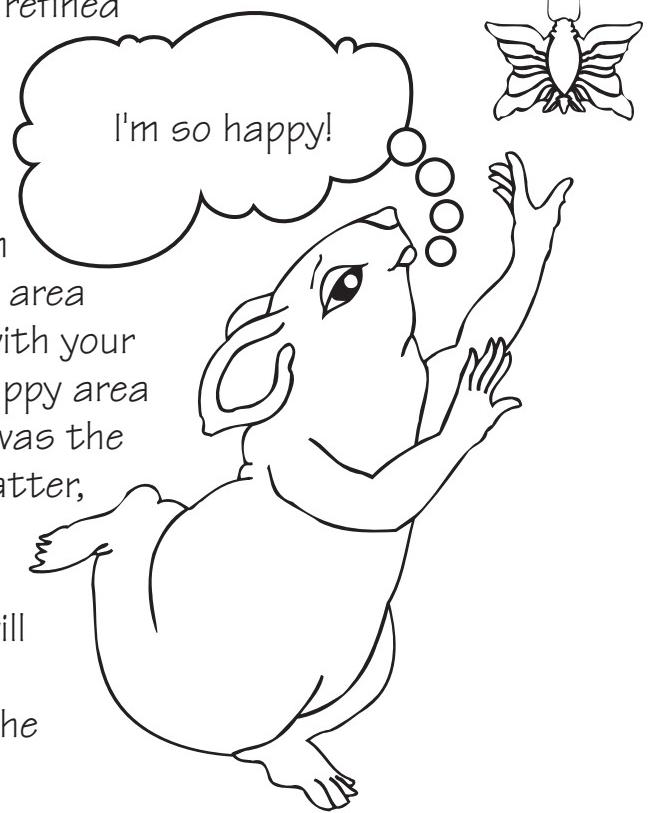


The mind is form creating form. Within this form are different vibrations that interrelate. These different vibrations are different areas. When we are happy we are in the refined areas. When we are unhappy we are in the gross areas.

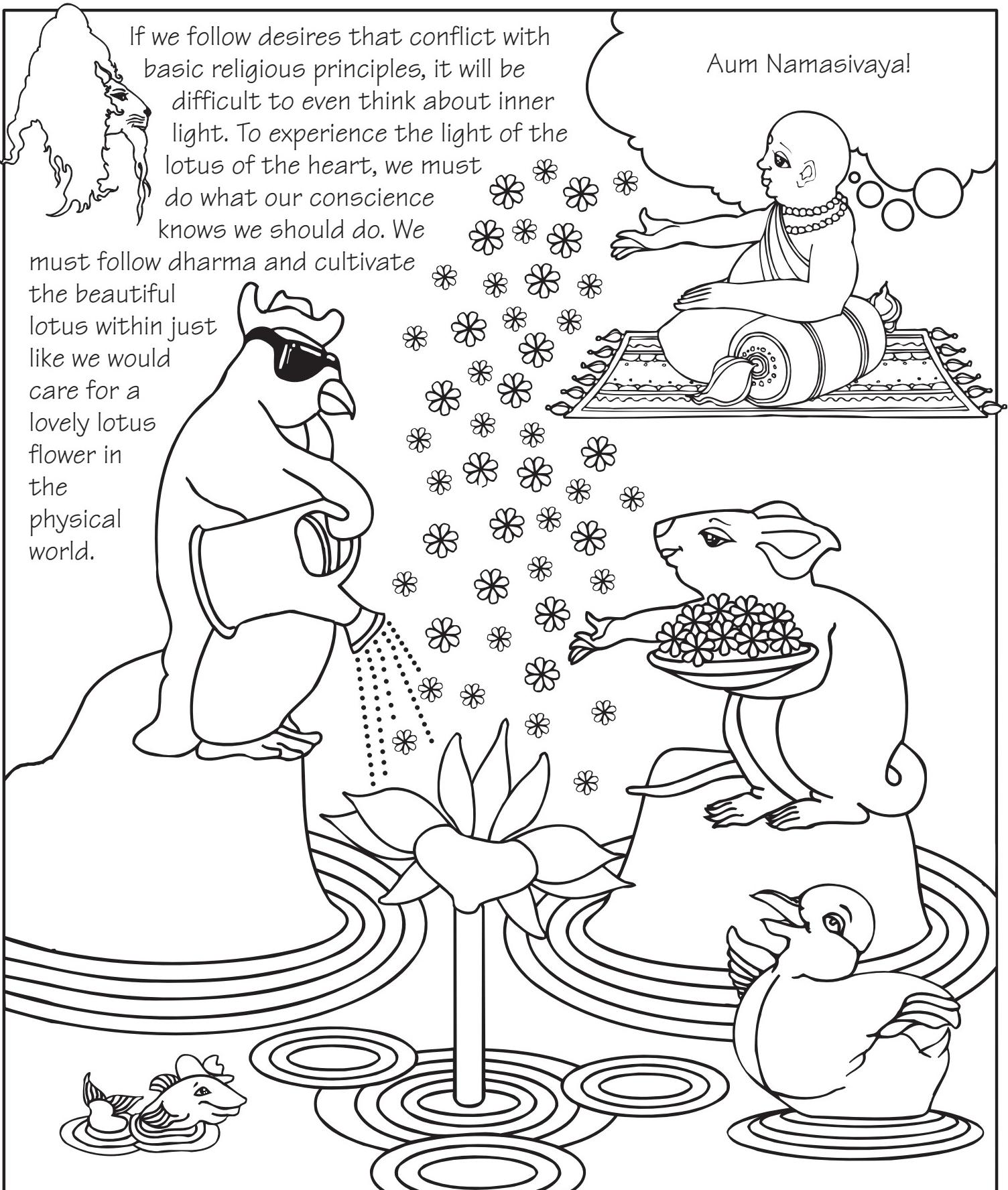


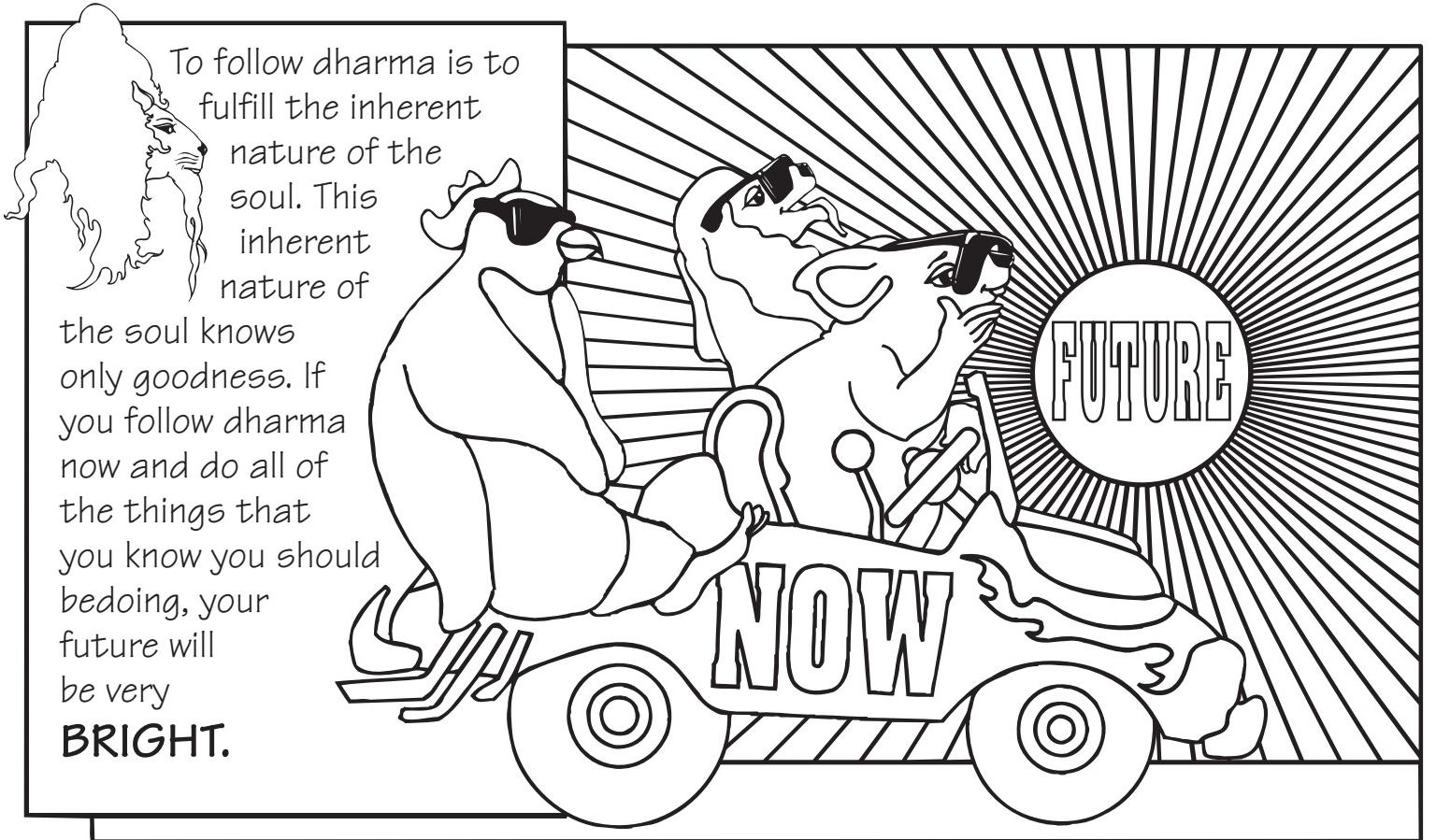
As we experience both the gross and refined areas we learn and grow. This is the evolution of man's individual awareness. When you are feeling unhappy and you feel unhappy because you are unhappy, sit down

and breath deeply. Try to become aware of an area of the mind that is always happy. Be gentle with your awareness. Realize that you are not the unhappy area of the mind that you are aware of. Whatever was the cause of your unhappiness does not really matter, because the powerful light in the lotus of the heart knows nothing of unhappiness. You will be surprised at how quickly your awareness will move from the unhappy area of the mind and become joyous again at the very thought of the Self God within the lotus of the heart.



Learn from the cycles of life that repeat themselves. What goes up must come down like a ball thrown up into the air. Think about what you are doing now. Then remember when you were doing something similar in the past. What were the consequences? Those consequences will happen again if you act in the same way now. By thinking like this, you can control your future.





Visualization of inner things is the same as opening an inner door for awareness to flow through to gain the experience that is already there. Visualization helps to pinpoint awareness and hold awareness concentrated in one certain area of the mind and gently move it to another. With this shining diamond within the Lotus of the Heart constantly within the body, how could you become aware of an unhappy area of the mind? How could you become selfish? How could you hold resentment? How would it be possible for you to dislike another? This beautiful lotus is within others, too.

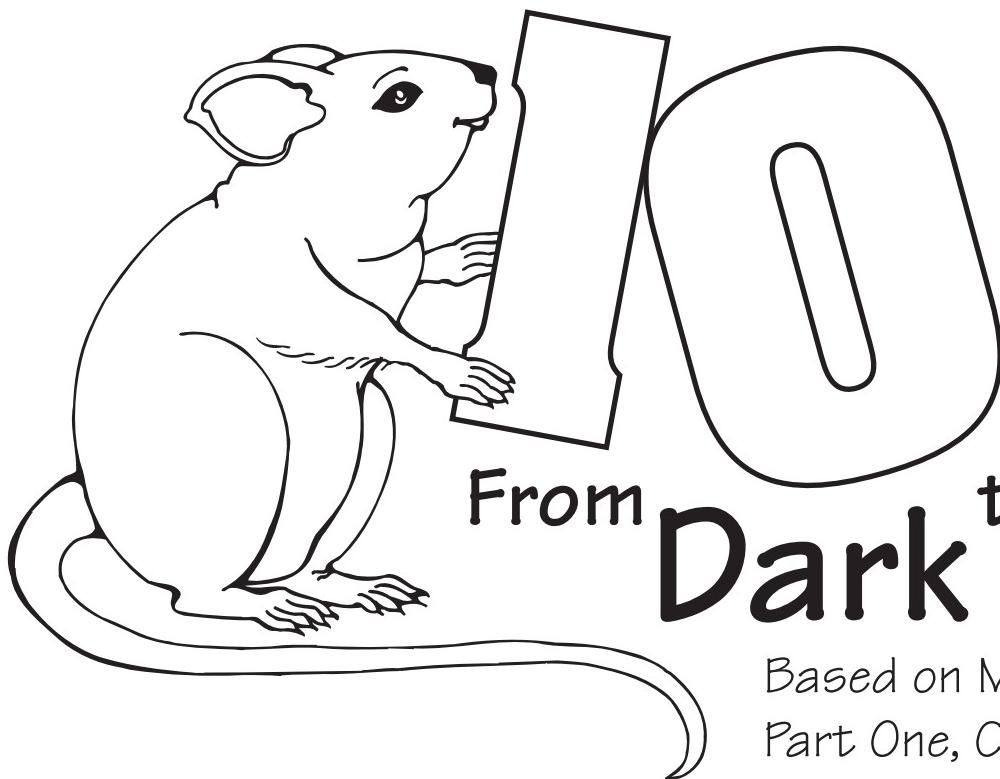
The Self God is within you. the light emanating from your effulgent being is within you, too, within the lotus of your heart. The Self God is. It simply is. We do not have to awaken the light within the lotus of the heart because it is always there, always has been, and always will be. We just have to become aware of it. Then go in and in and in to it until awareness aware only of itself dissolves, and be the Self. Be That.



# Questions about the Ninth adventures of Mystic Mouse.

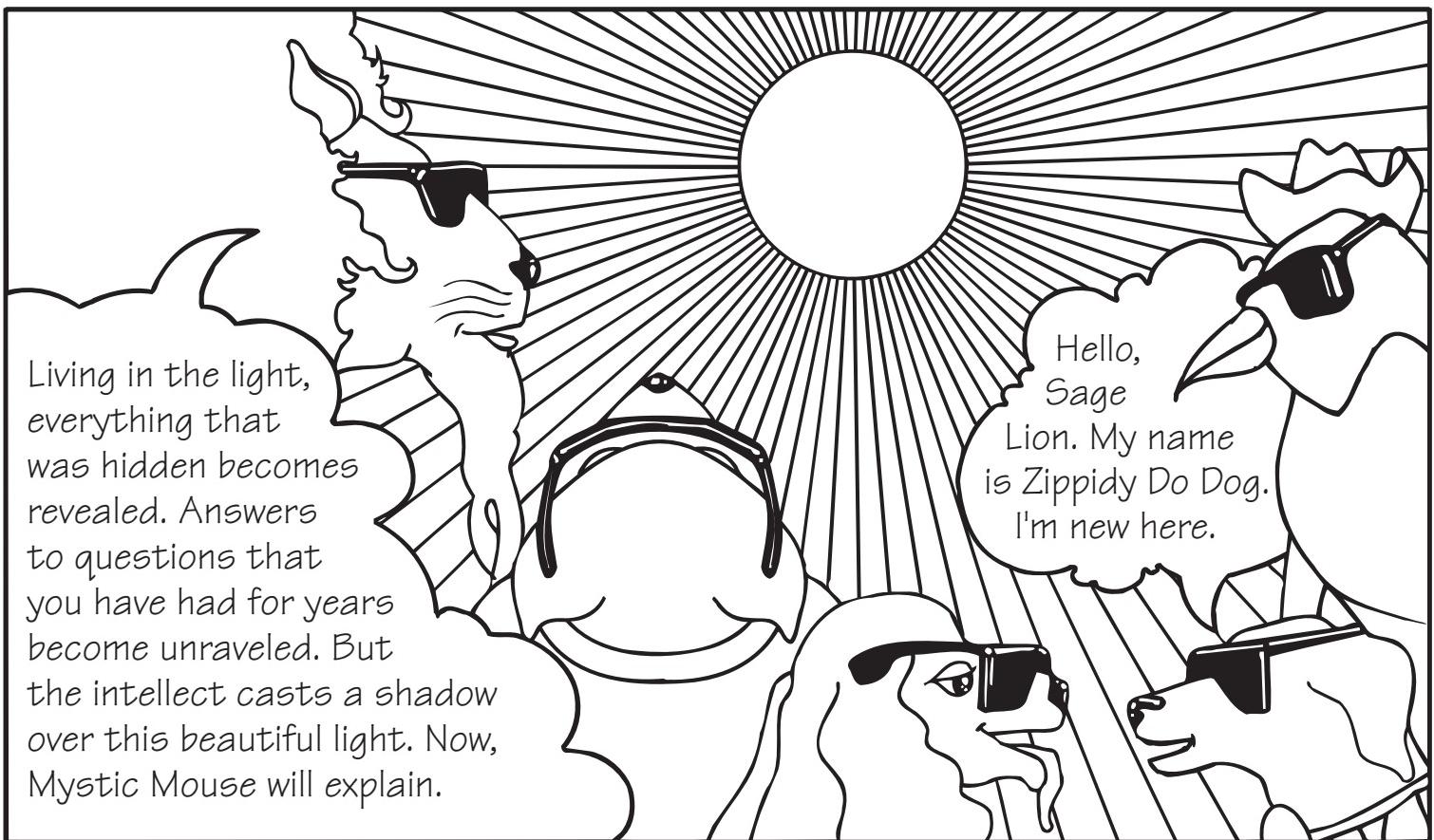
1. What is inside the lotus of the heart?
2. What happens when we think or talk about the Self?
3. What is the first step toward experiencing the light of the lotus of the heart
4. What happens when we practice breath control?
5. What is the specific breath control practice given by Sage Lion to Mystic Mouse?
6. How does Sage Lion teach Mystic Mouse to move from unhappiness to happiness?
7. How can we change our future by understanding the cycles of life?
8. How does following dharma help us to find the light of the lotus of the heart?
9. How does visualization help in the practice of yoga?
10. How does the lotus of the heart relate to the Self God?
11. Please explain the entire story in your words.



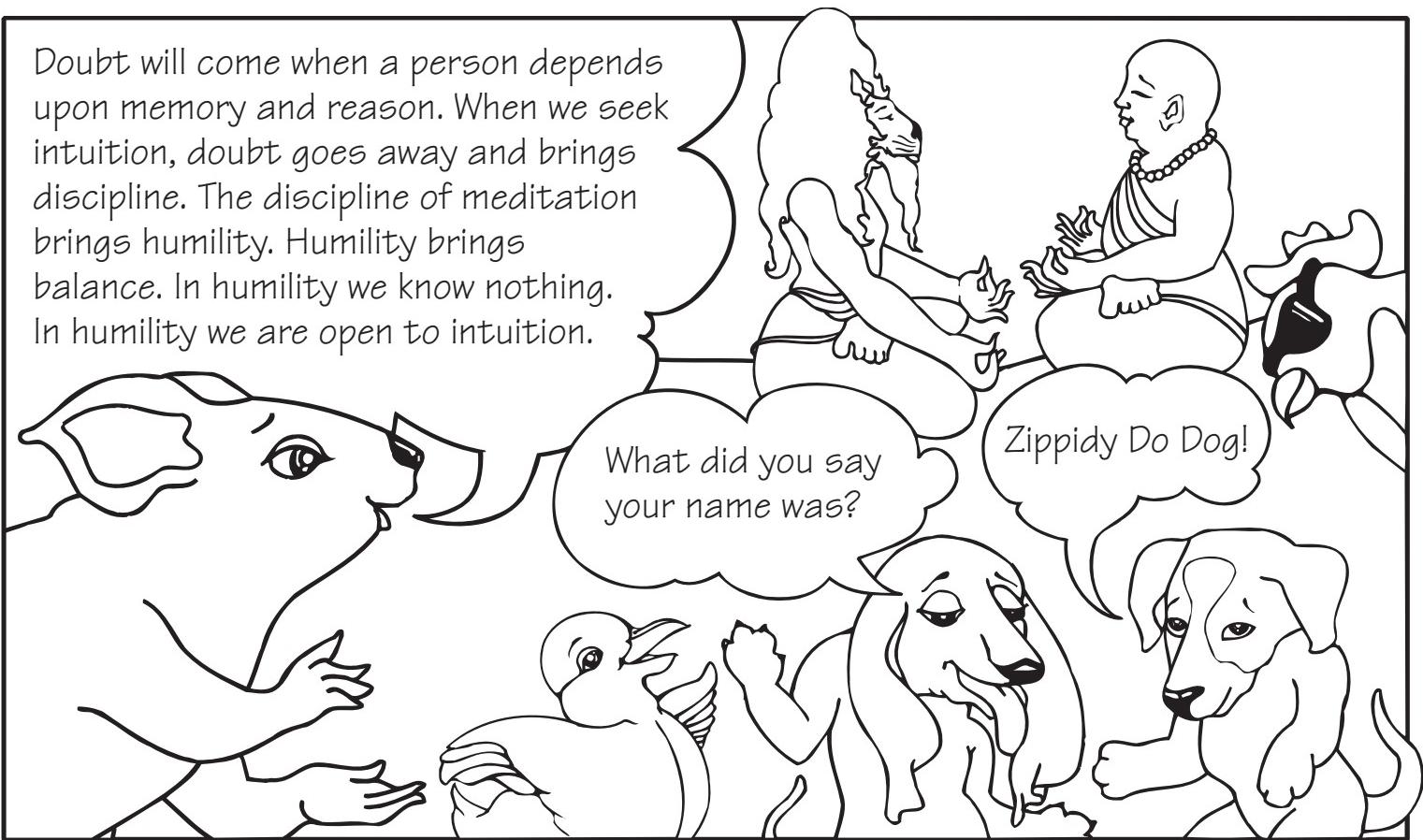


# From Dark to Light

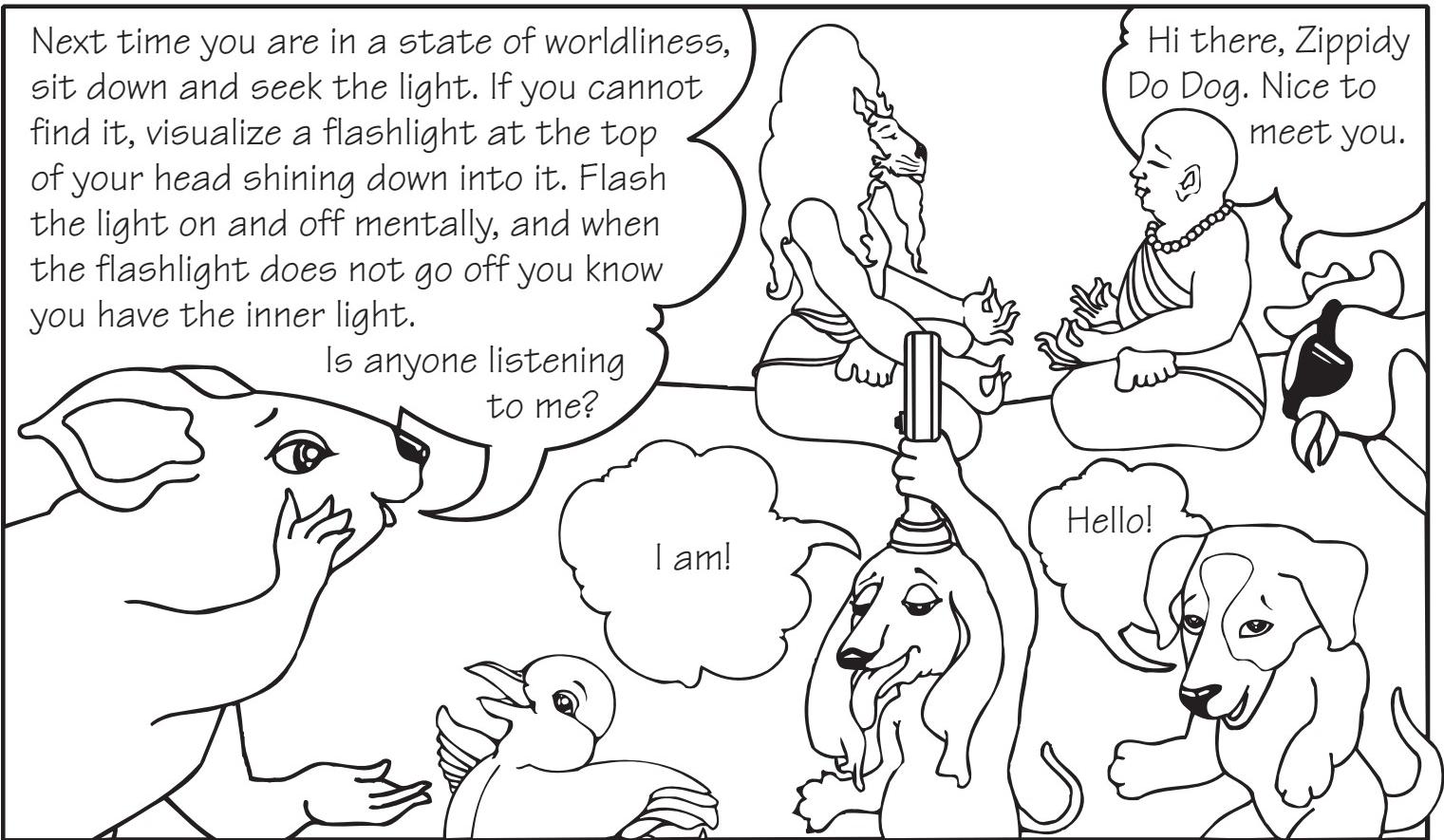
Based on Merging with Siva  
Part One, Chapter Ten :  
“From Darkness to Light”

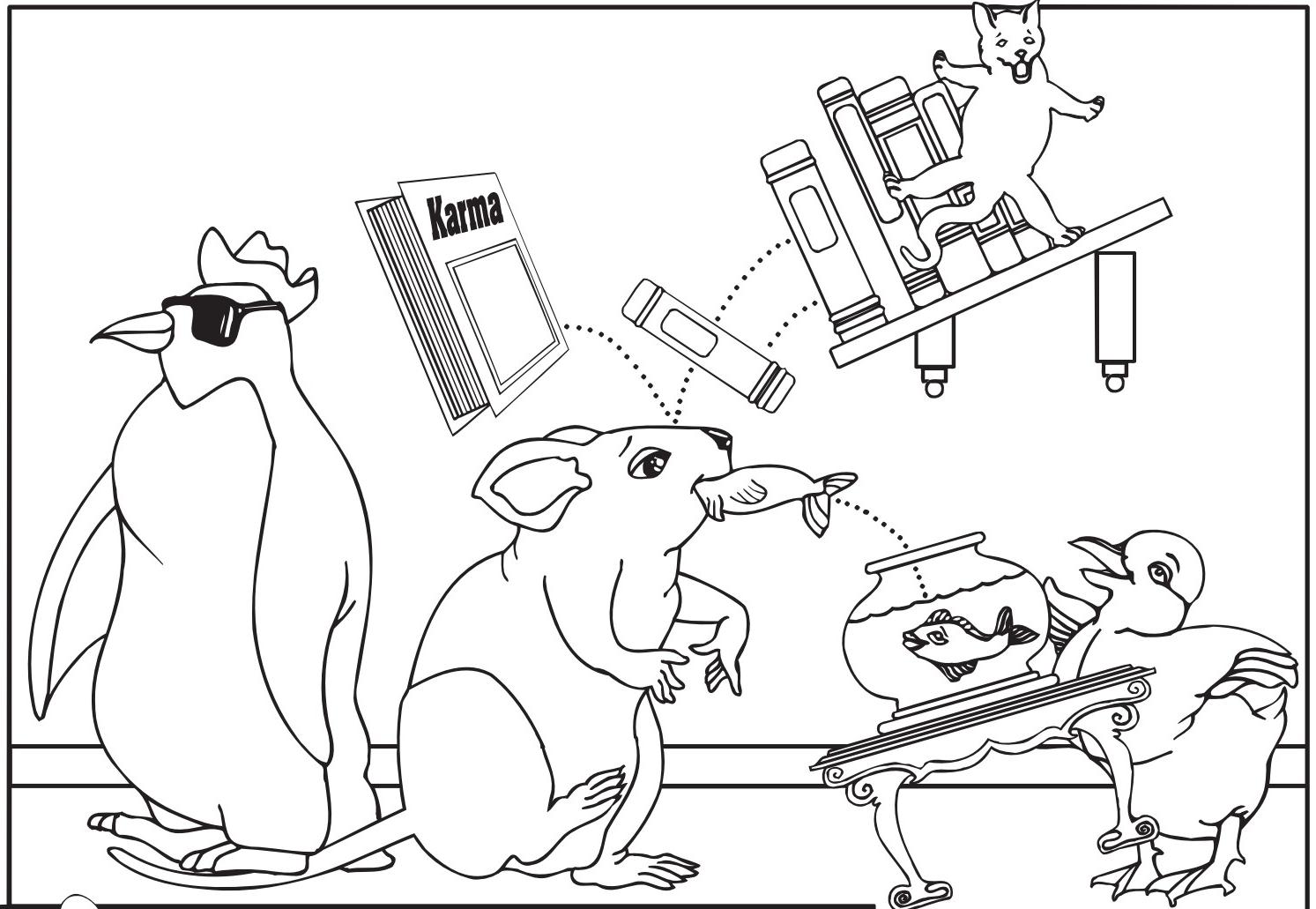


Doubt will come when a person depends upon memory and reason. When we seek intuition, doubt goes away and brings discipline. The discipline of meditation brings humility. Humility brings balance. In humility we know nothing. In humility we are open to intuition.



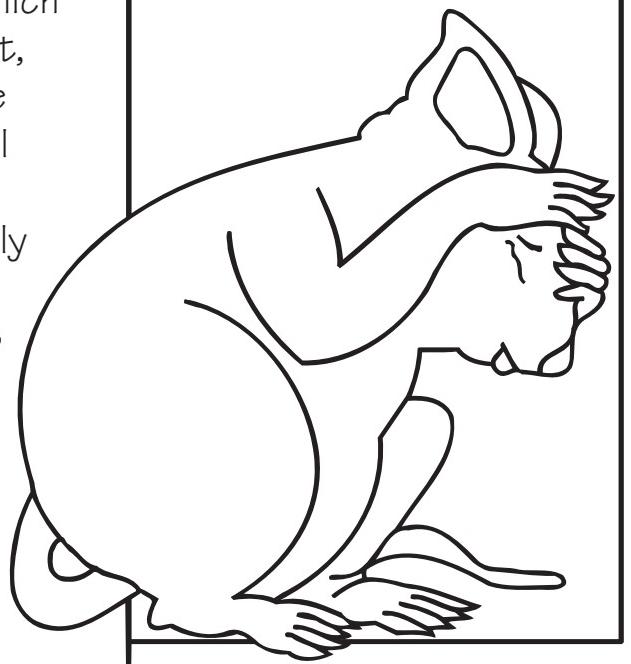
Next time you are in a state of worldliness, sit down and seek the light. If you cannot find it, visualize a flashlight at the top of your head shining down into it. Flash the light on and off mentally, and when the flashlight does not go off you know you have the inner light.





A major instinctive response to the ebb and flow of life force is disappointment, which intensified becomes discouragement, depression and despair. These three negative states are obstacles to all human endeavor, especially for the spiritual seeker, who must learn early to regulate, control and balance the emotional ups and downs so well that he never experiences discouragement, which is nothing more than an imbalance of force.

As the tests of life present themselves, the satguru will observe the seeker's response time and time again until his emotional body grows strong enough to combat negative reaction.





What is emotional maturity? It certainly is not to be equated with physical age. There are people who are past middle life and are not yet emotionally mature. Even if the physical body is totally mature, the intellect, as well as the emotional unit, can remain childish and unstable. An emotionally mature man or woman is totally secure within and prepared to tap the greater realms of spiritual being.

By learning to understand, we cease to be a personality leaning upon our fellow man and falling into disappointment when he lets us down. We must lean on no one but ourselves, our own spine. Then we will gain our freedom from the instinctive forces and attain emotional maturity.





We need a basis for understanding each other, and a very good basis is: "I perceive this lady with my two physical eyes. She appears to be forty years old, but I intuit her to be emotionally a little younger and mentally about sixty—a learned person. I know she is a being of pure awareness going through the experiences she needs to evolve further. Therefore, I shall understand her in this light and make allowances."

Try this. This week look at everyone you meet, and feel love going out to them. Say to yourself, "I like you"—and really feel it.

## Mental Body



## Physical Body

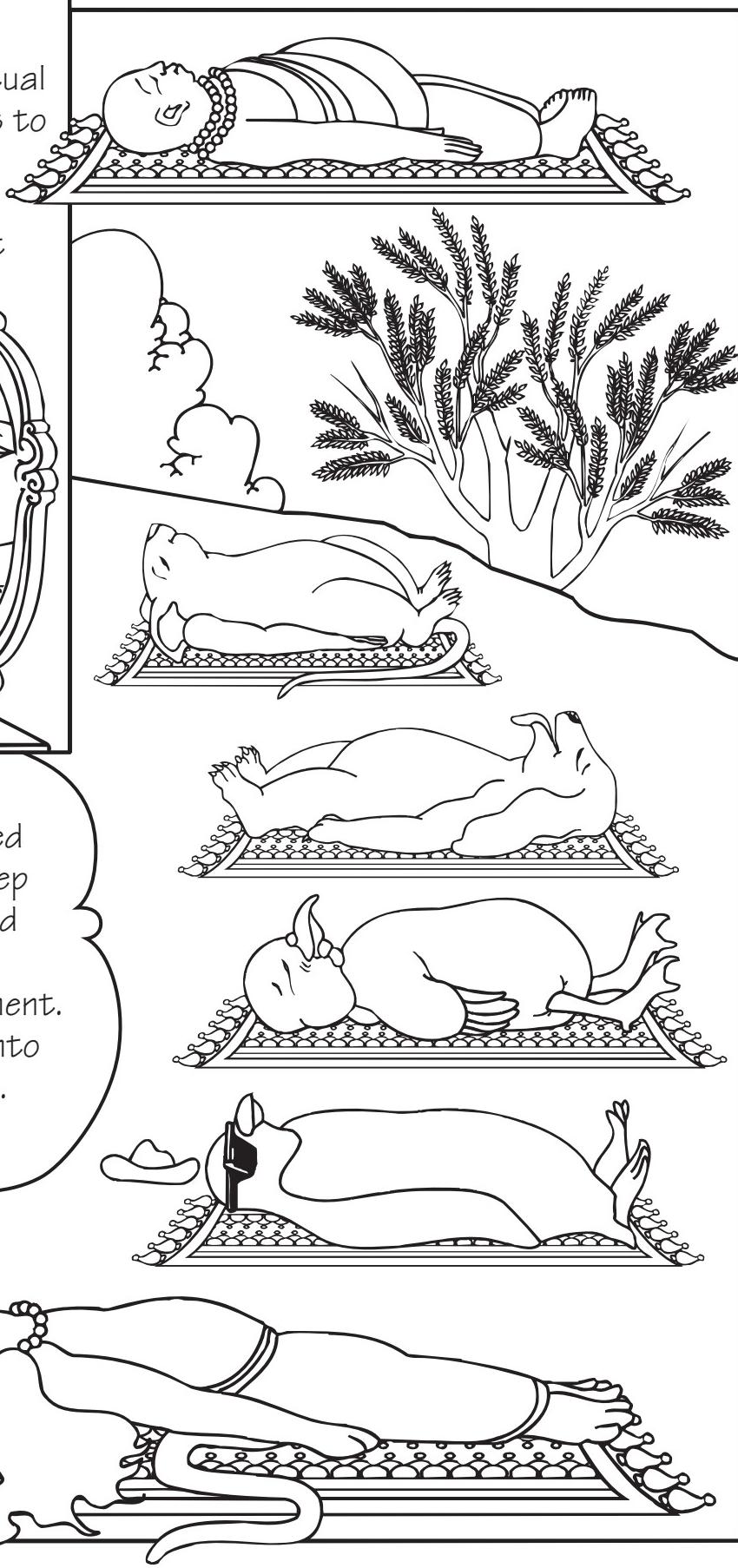
## Emotional Body

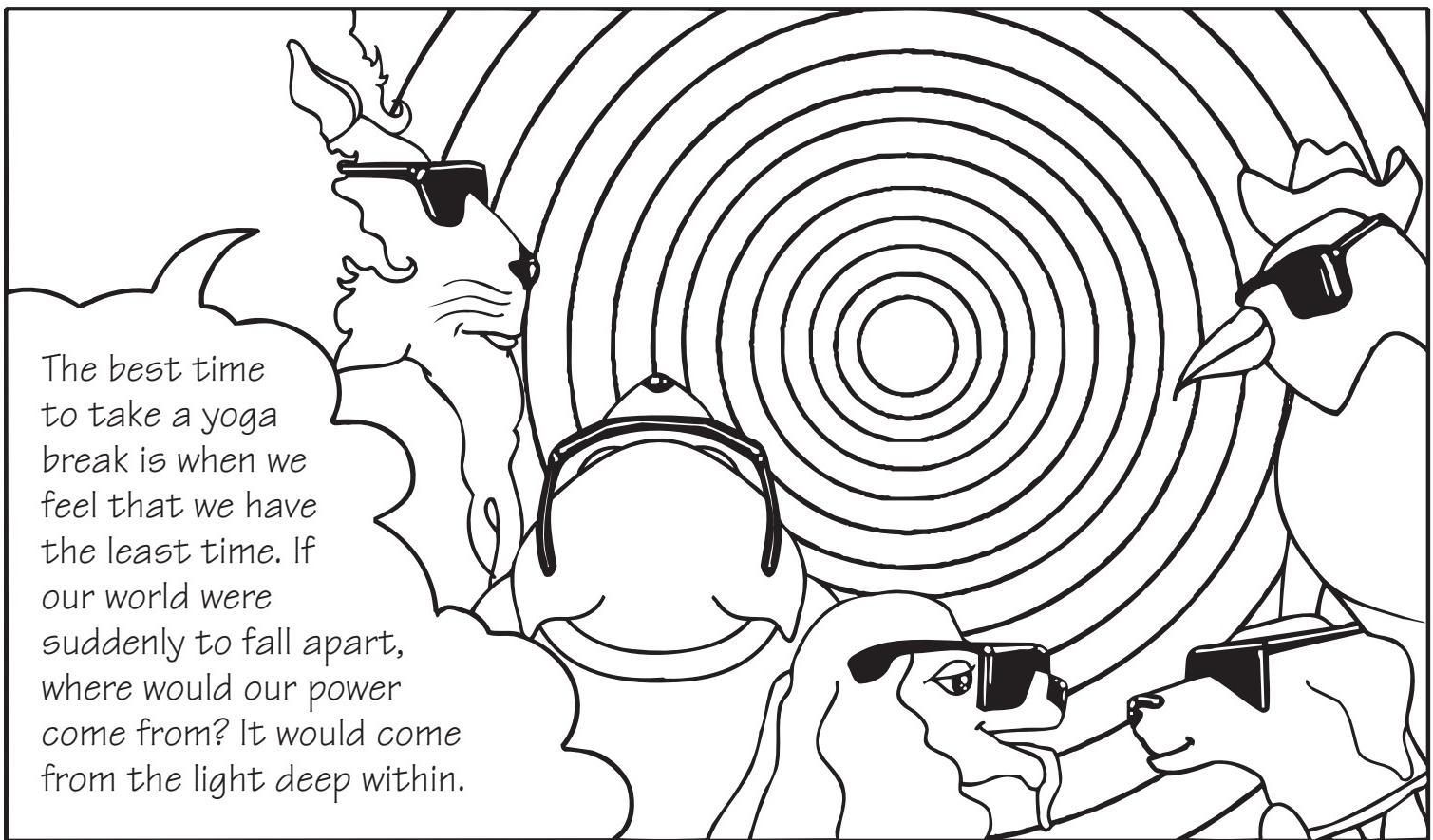


So, now we come to a very important state for spiritual unfoldment, and that is to face yourself. We must have the courage to admit when we are right or the courage to admit when we are wrong. This is very important!



During the yoga break we can go deep within ourselves. It is practiced in this way. Stretch out, take a deep breath and command your body and your mind to relax and let go of all thoughts and tensions of the moment. Visualize a powerful light flooding into your solar plexus as you breathe in. As this light floods and fills your body while you breathe out, it expels ahead of it all the bothers and tensions of the day. You will sense life force within you building as you feel more and more blissful.





The best time to take a yoga break is when we feel that we have the least time. If our world were suddenly to fall apart, where would our power come from? It would come from the light deep within.

With understanding, a great thing happens—our life becomes even, balanced and sublime. The ups and downs within us level out, and we find ourselves the same in every circumstance. We find we are big enough to overcome and small enough to understand. Then we can really begin to do something. When emotional ups and downs are allowed, our poor nervous system is terribly strained in a constant state of frenzy and uncertainty. All of our energies are then devoted to coping with our personal problems.

The spiritual path is a constant turning within **from dark to light**, turning the light of the superconscious into the dark corners and recesses of the mind. Life tests and retests our emotional maturity. Whether we meet these tests or fail them is entirely up to us. On the Saivite path, the satguru also gives tests in order to mold and strengthen the seeker's character. Great strength of character is required to attain spiritual goals, and anyone who lacks that strength will cease striving long before full realization is attained.



# Questions about the Tenth adventures of Mystic Mouse.

1. What does the intellect do to the light from within?
2. How does humility help us in spiritual life?
3. Please explain the “flash light” exercise given by Mystic mouse to help find the inner light.
4. Please name three negative feelings that arrise as a result of disappointment. How can these be avoided?
5. Who is more emotionally mature: E.Z. Penguin or Mystic Mouse? Please explain.
6. What is your mental, physical and emotional age? Please explain.
7. What does Sage Lion mean when he says we must learn to “face ourselves”?
8. Please describe the “yoga break”?
9. How does the “yoga break” help us?
10. When is the best time to perform the “yoga break”?
11. Please explain the entire story in your words.





# Affirmation

Based on Merging with Siva

Part One, Chapter Eleven :

“The Power of Affirmation”

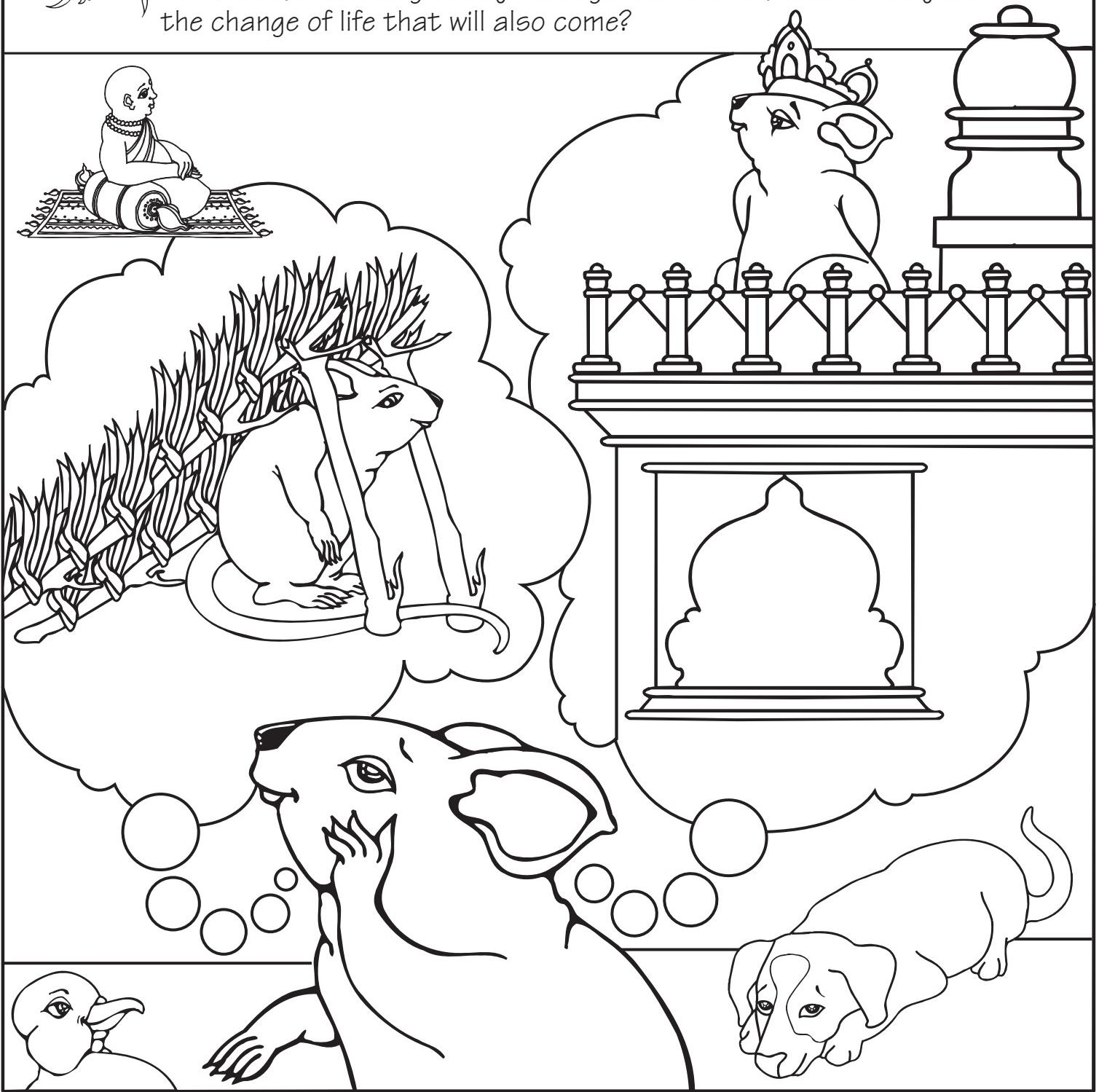


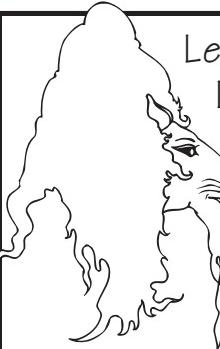
An **affirmation** is a series of positive words repeated time and time again in line with a visual concept. If you repeat such a statement verbally, while you mentally see it coming true, you can change your life. Words in themselves, without a mental picture make a poor affirmation, but words and pictures together are amazing. This is a great mystical teaching.





The power of affirmation changes and remolds the putty-like substance that makes up the subconscious areas of the mind. Affirmation is power. Before beginning to work with an affirmation, we must understand what we are doing. We must be sure that when our subconscious has been remolded we can take the added responsibilities that will come. For instance, if we bring money through affirmation, are we ready for the change of life that will also come?



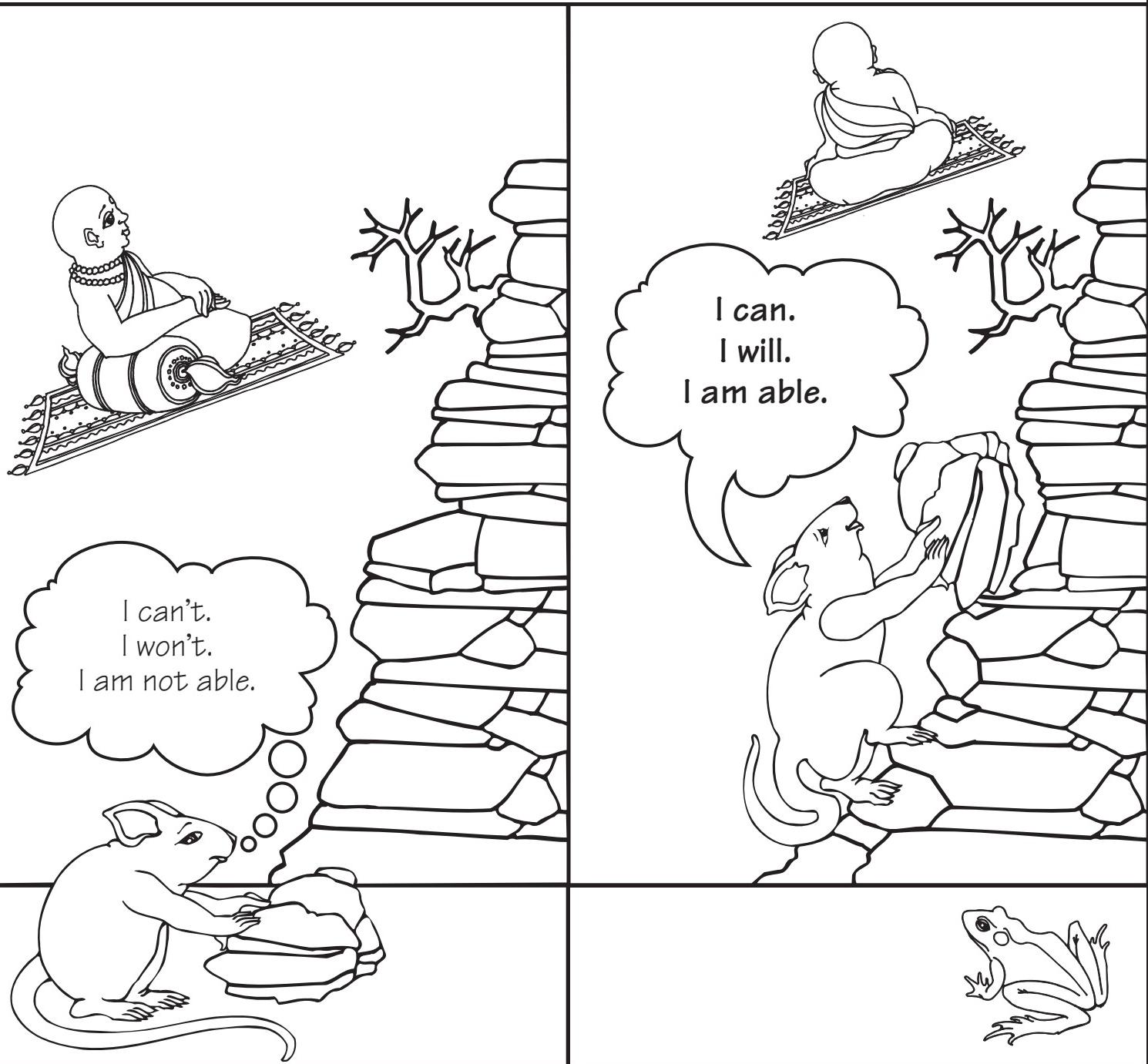


Let's take an example. Let's choose the affirmation: "**I can. I will. I am able.**"

In performing this affirmation, you may find that your subconscious will not accept these three statements. You may still have feelings of

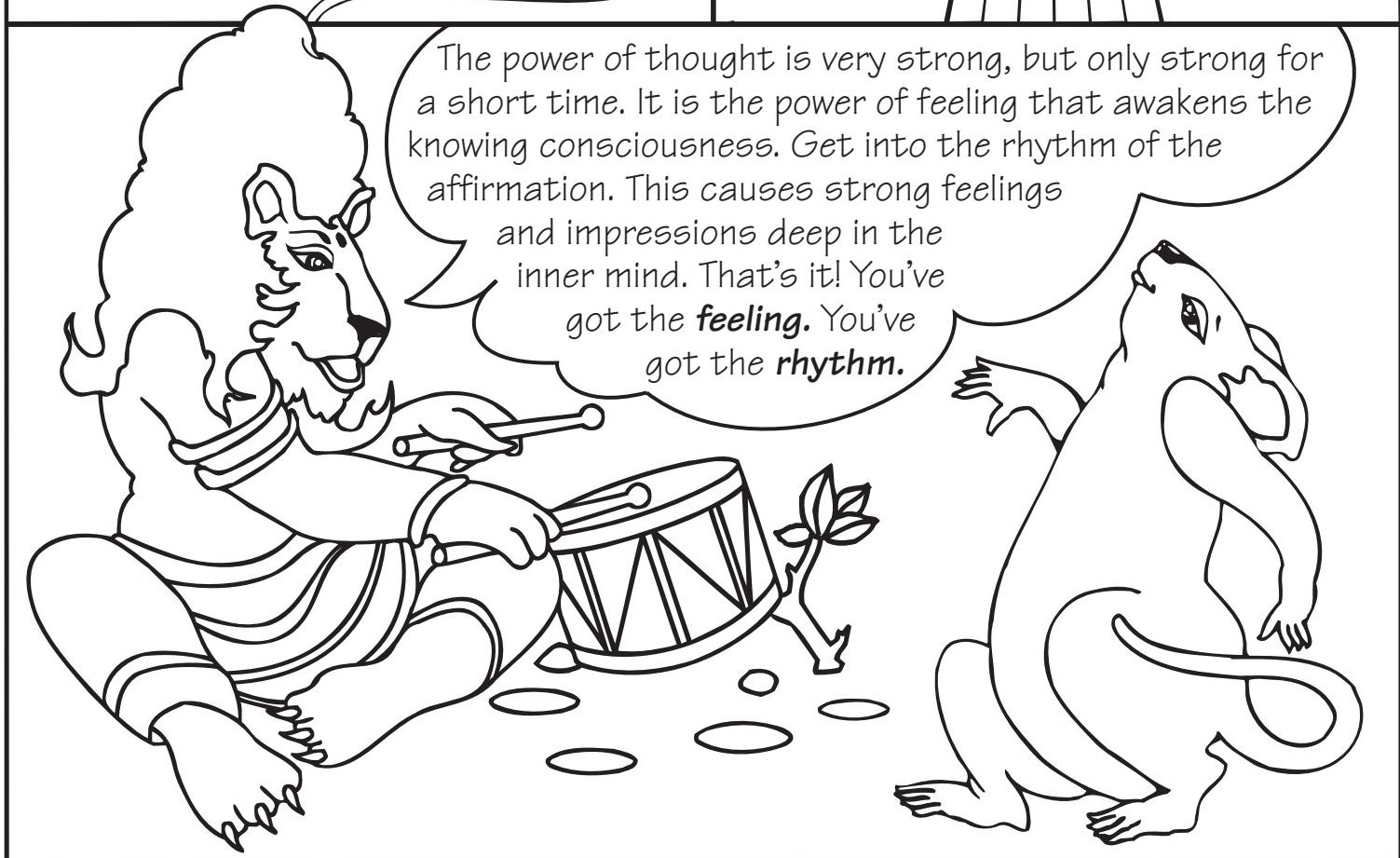
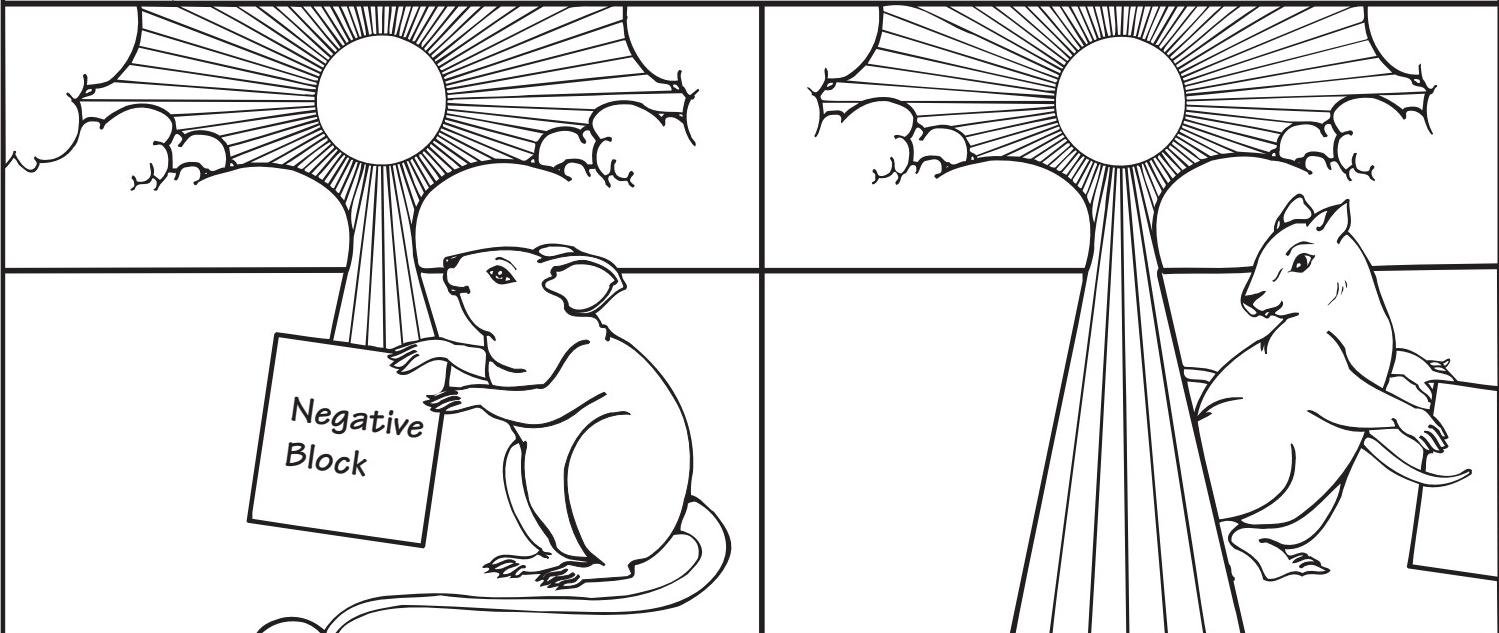
"I can't. I won't. I am not able." This begins a period of time where the forces of the mind fight with each another. The aggressive forces of your nature are trying to take over the passive ones. Of course, the aggressive forces will win if you will persist with your affirmation.

You must not give up saying, "**I can. I will. I am able.**"



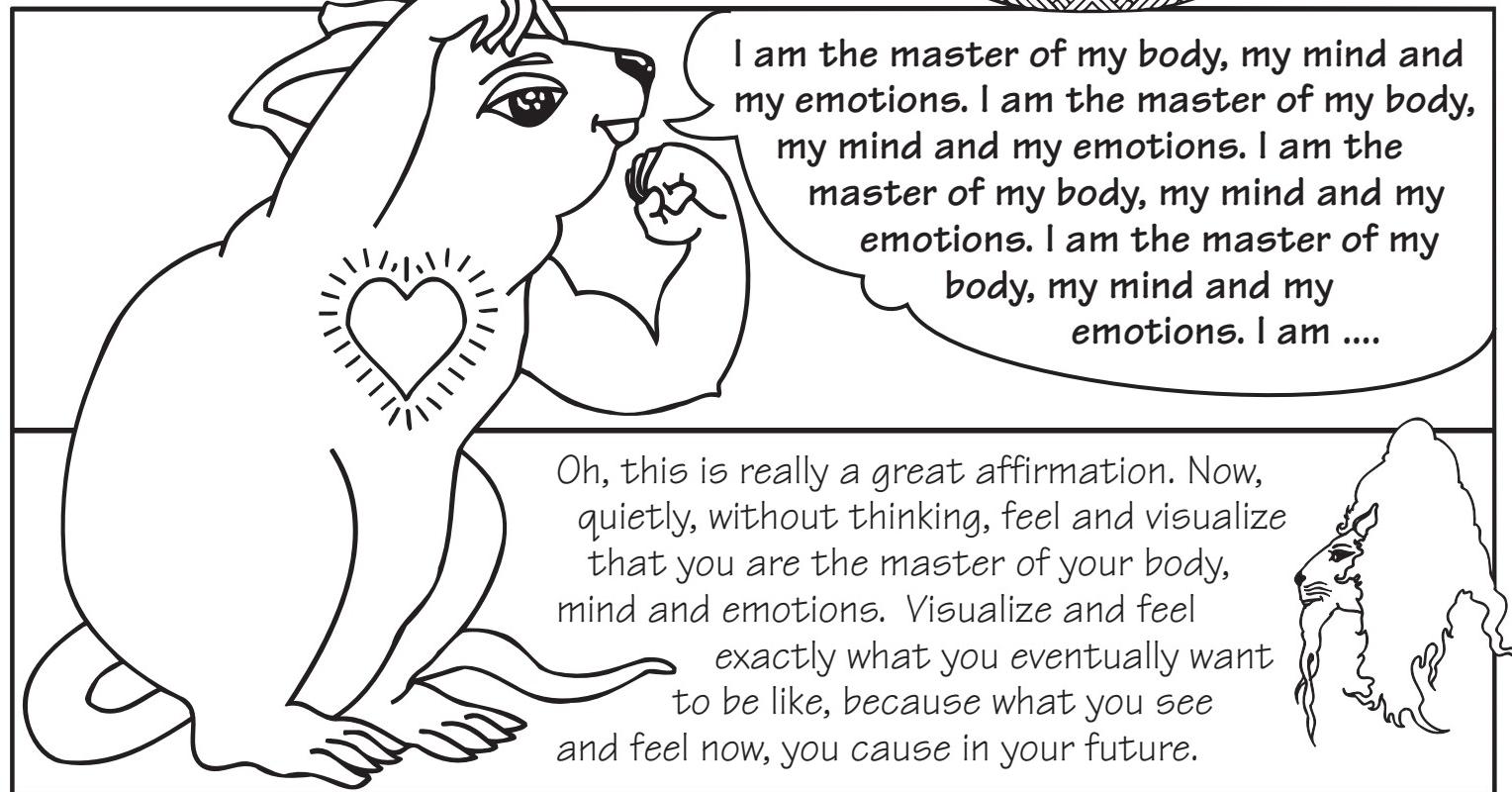


Each day we make affirmations without knowing it. But as the inner light begins to dawn we become more conscious of this natural process and begin to control it to our advantage. The intuitive mind works through the subconscious when the channels of the subconscious are open. Therefore we must be very careful to create positive channels, not negative blocks.





Let's take another affirmation: "**All my needs will always be met.**" Say this affirmation and feel how it feels after all of your needs have been met. Until you find this feeling, you should not expect the affirmation to work. Every time that you have a need and that need is met, there is a certain feeling. You must catch that same feeling when you speak the affirmation. You then open a channel to your own intuition.





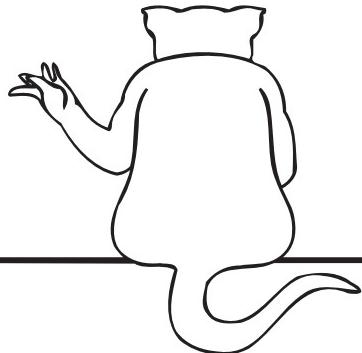
You can write many kinds of affirmations and use them for many different purposes, but remember, they are powerful. They should be carefully worded, and only used in a way which helps your spiritual life. To be effective, they should be repeated regularly on schedule: morning, noon and night. You will surely benefit by the results. And it's fun too.

Let's see.  
Let me  
think now.

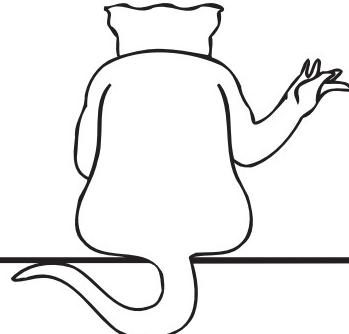


Tomorrow I will not be tired .... No, let's see. Tomorrow I will be sort of happy. Uh..... Let's see. I've almost got it. Yes, that's it. **Tomorrow I shall wake up filled with energy, creatively alive and in tune with the universe.**

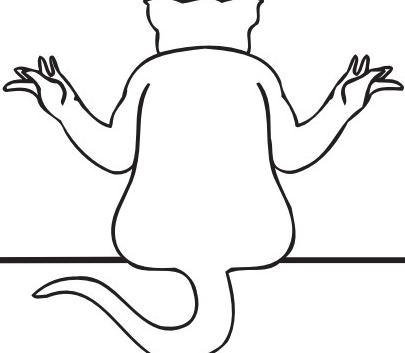
I'm all right, right now.



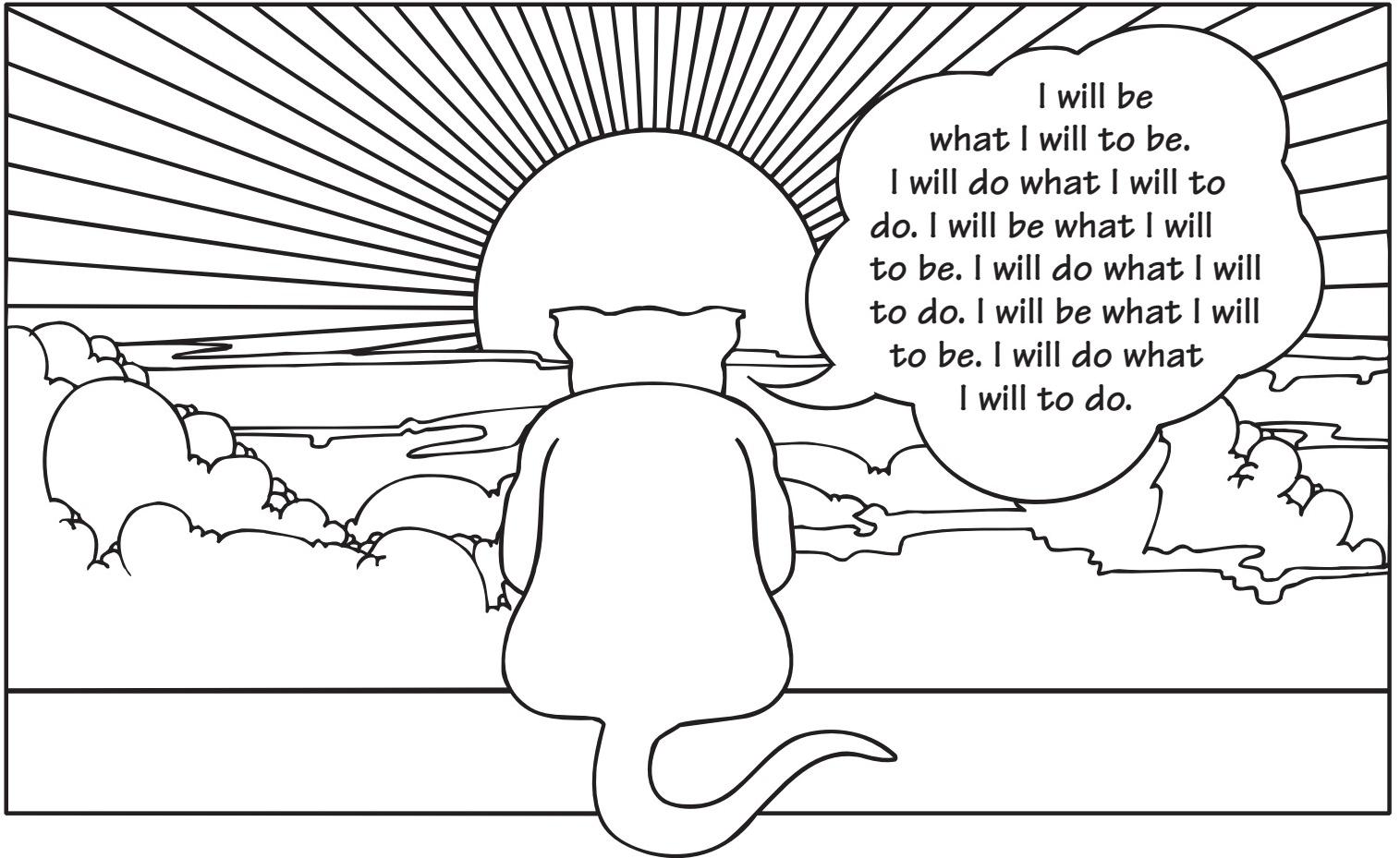
I'm all right, right now.



I'm all right, right now.



Great emotional security is brought about through the affirmation, "**I'm all right, right now,**" This affirmation quiets instinctive fear, brings forth spiritual security.



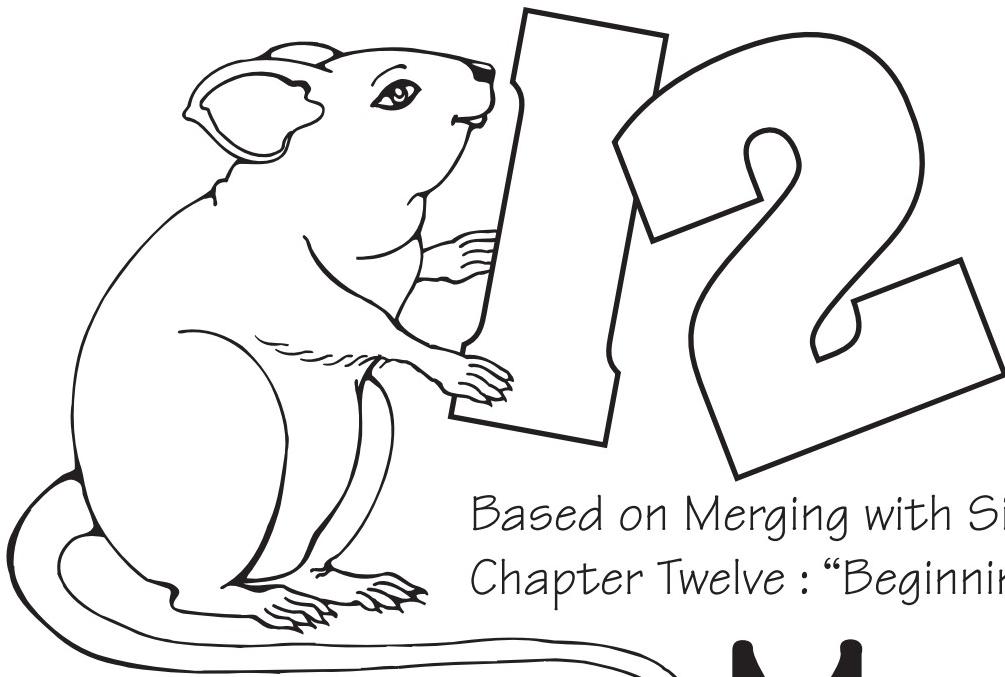
The greatest thing that a devotee can learn is that all knowing is within. Go to the great superconscious school within you and bring forth knowledge. The **affirmation** is one of the greatest tools for doing this. Be confident within yourself. In order to be confident, have no fear. In order to have no fear, say, "**I am all right, right now.**" This will quickly bring you into the great here-and-now consciousness. You will feel spiritual force permeating your body, and your intuitive state of mind will be active. Proclaim again and again to yourself, **I will be what I will to be. I will do what I will to do.** Then go ahead in full confidence and do just that. You are the knower of all that is known, but you know what you need to know in the moment. And you can apply that knowing to your life through affirmation. Spiritual destiny is manifested in the lives of those who live a creative life for the benefit of others. Here is a last affirmation: "**I am not my body, mind or emotions. They are but shells of the infinite energy that flows through them all. I am this energy. I am its source. I am on my way to merge with Siva.**"



## Questions about the Eleventh adventures of Mystic Mouse.

1. What is an affirmation?
2. What does the power of affirmation change and remodel?
3. Before we begining to work with an affirmation, what must we work to understand?
4. When we practice an affirmation what sometimes happens with the passive and aggressive forces?
5. How does an affirmation open a channel to the superconscious mind?
6. Why is visualization and feeling important in the practice of an affirmation?
7. Is it ok to repeat affirmations for material things?  
Please Explain.
8. When should we practice affirmations?
9. What happens when we practice the affirmation:  
“I’m all right right now”?
10. What guidelines should we follow when we write our own affirmations?
11. Please describe the entire story of Affirmations in your own words.



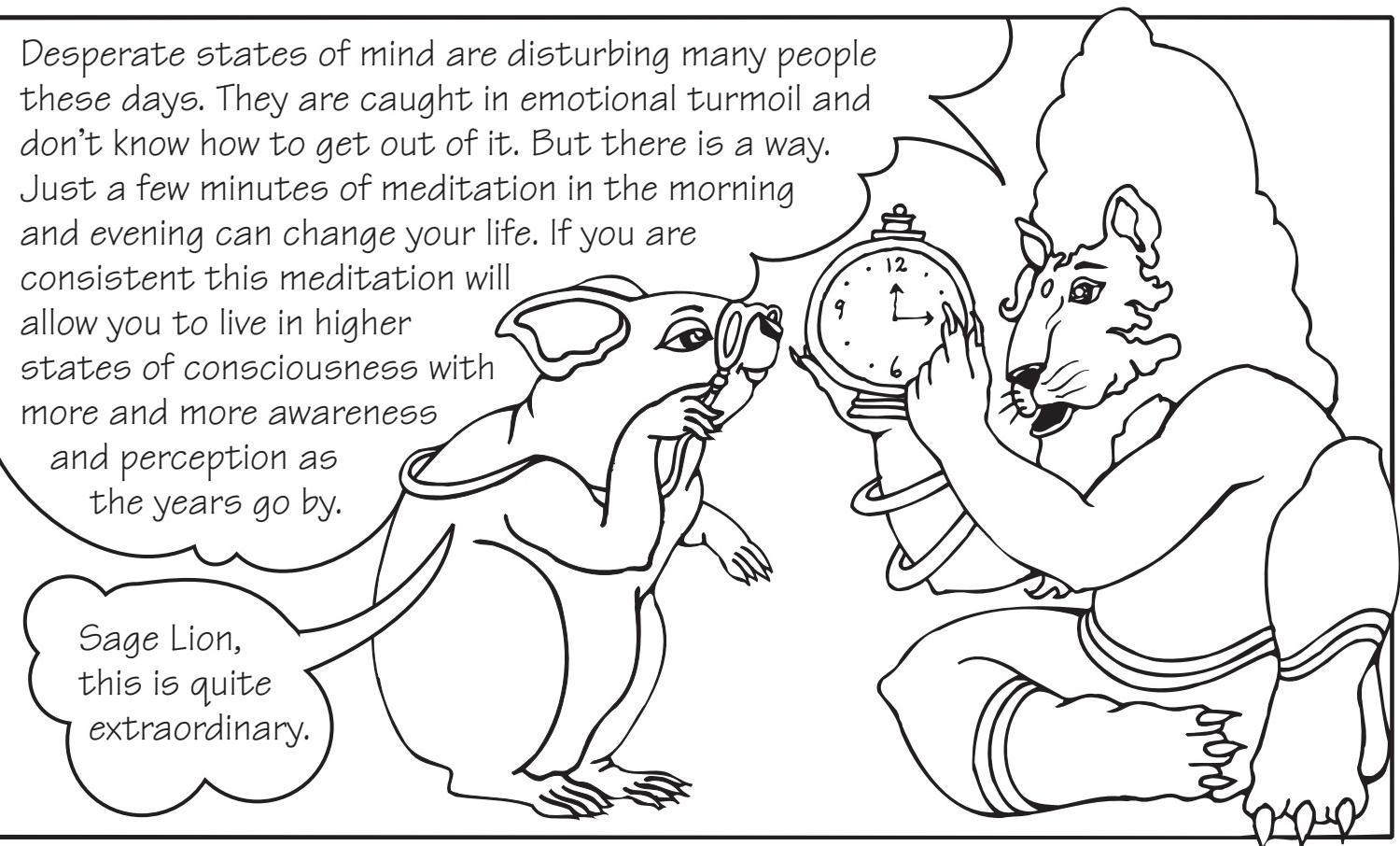


Based on Merging with Siva, Part One,  
Chapter Twelve : "Beginning to Meditate"

# Beginning to Meditate

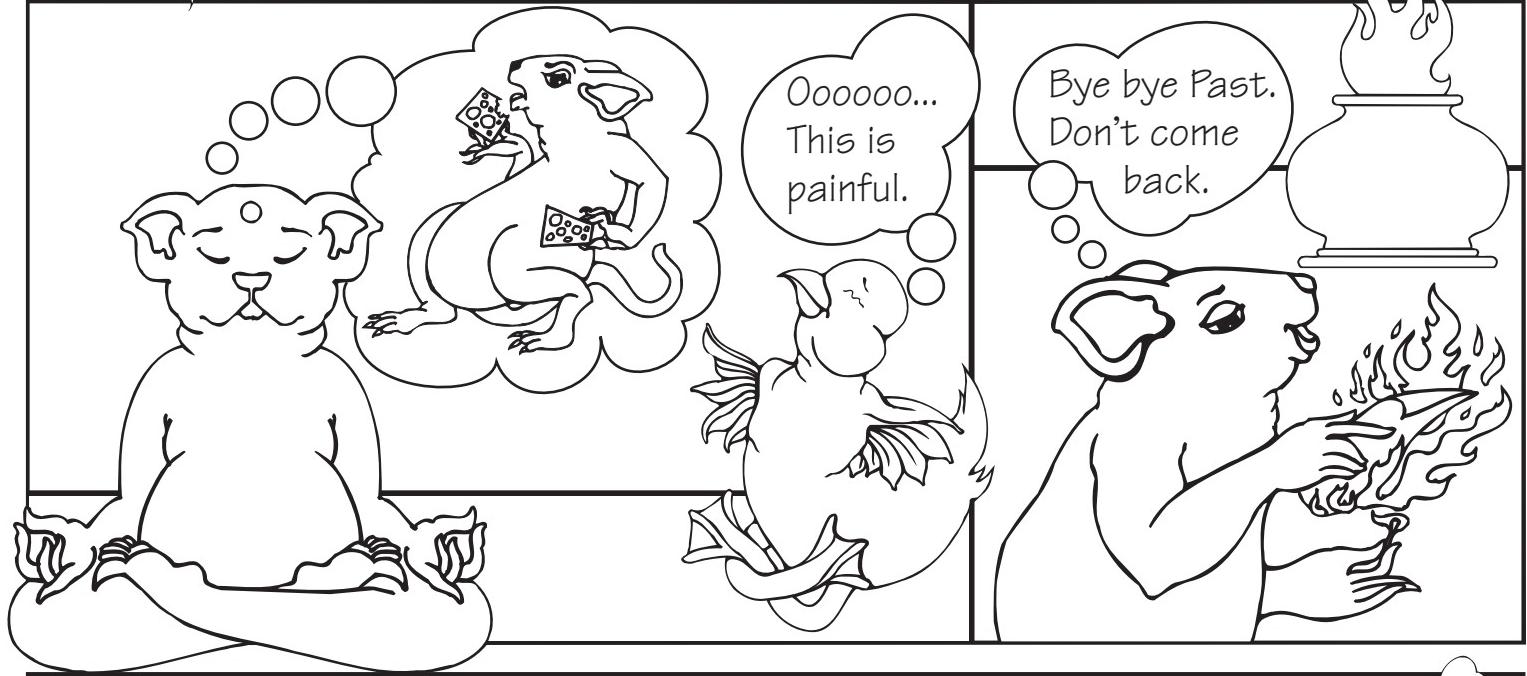


Desperate states of mind are disturbing many people these days. They are caught in emotional turmoil and don't know how to get out of it. But there is a way. Just a few minutes of meditation in the morning and evening can change your life. If you are consistent this meditation will allow you to live in higher states of consciousness with more and more awareness and perception as the years go by.





On the road to enlightenment every part of our nature must be faced and understood. This can be difficult, for meditation arouses the subconscious mind, which contains memories, emotions and embarrassing secrets. As this past arises, patiently write it all down on paper and burn it in an open fireplace. Just seeing the fire burn brings a great release.

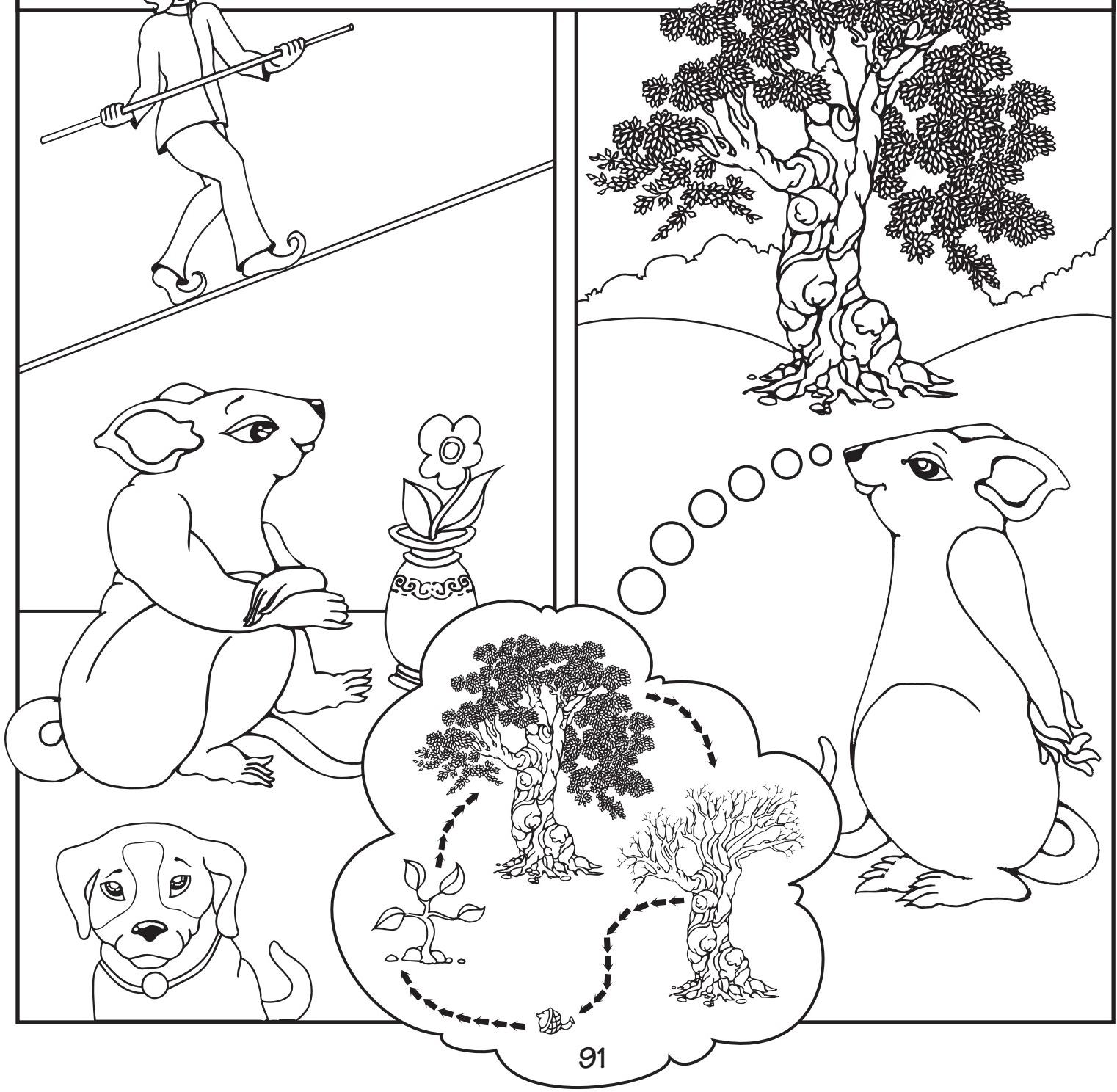


The beginning meditator may be shocked as his inner mind plays back unhappy thoughts. Many stop meditating at this point. Yet everything we face has its source in God. Armed with this Vedic knowledge we evolve into meditative practices from devotion. Meditation IS inner devotion.



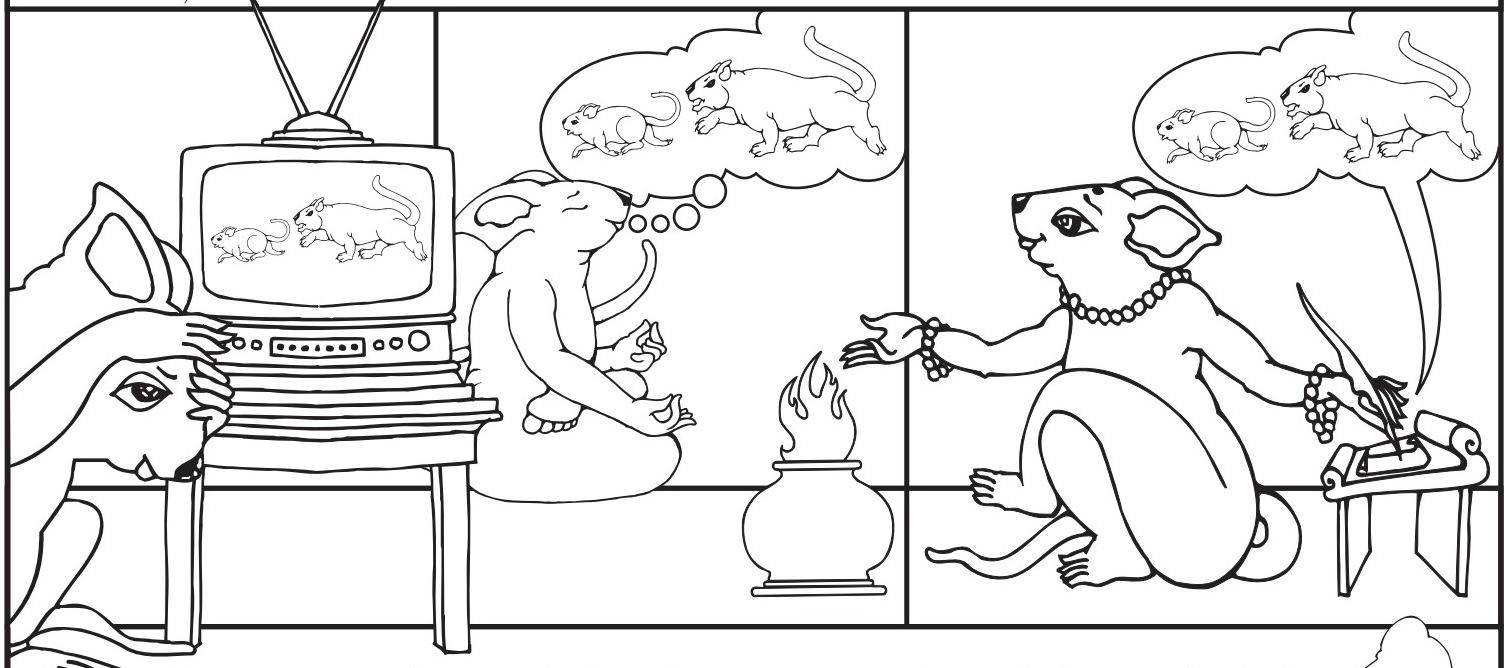
Sitting in a state of real meditation, one must be more alive and alert than a tight-rope walker suspended without a net on a taut cable three hundred feet above the Earth. Do you suppose that this man is sleepy or allows his mind to wander? The experienced meditator learns that he is the watcher, pure awareness. It enables the meditator, in time, to unravel the mysteries of life. To become the ruler of the mind is the goal.

To then go beyond the mind into the  
Self is the destiny of all.





Meditation is similar to watching the play of light and pictures on television. Identify with the pictures, and emotion is experienced. Identify with the light, and peace is experienced. Both light and energy forms have their source in God. Begin this evening while watching the news on tv by keeping awareness more within the light than the pictures. If reactions occur during meditation, again, write them down and burn them up.



There are two forces that we become conscious of when we begin to meditate: the odic force and the actinic force. Actinic force is pure life energy emanating from the central source of life itself. Odic force is magnetism that emanates out from our physical body and mixes with the magnetism of other people. This odic force makes up the world.

## Odic Force

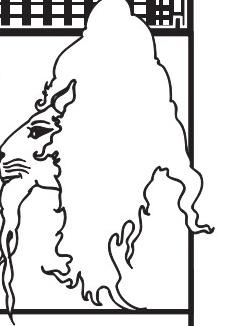


## Actinic Force





Meditation occurs within the actinic forces of mind. We can move from the odic to the actinic energy through breath control, breathing the same number of counts out as in. This quickly allows us to become aware of an area of the mind that does not think but is intensely alive and peaceful. This prepares us for meditation. First, we must meditate on awareness as an individual entity flowing through all areas of the mind.

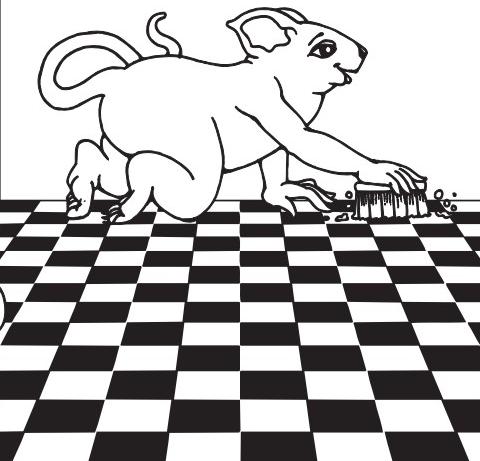


To meditate even for only ten minutes takes as much energy as running a mile. It fills and thrills us with an abundance of energy to be used creatively in the external world. After meditation, work to refine every attribute of the external nature. Learn to give and to give freely without looking for reward. Learn to work for work's sake. Cultivate observation.

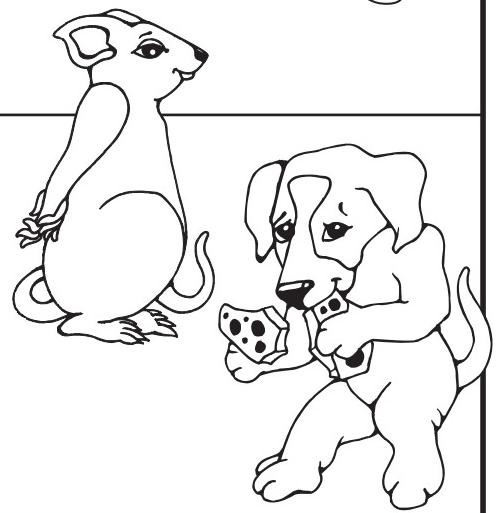
### Giving



### Working

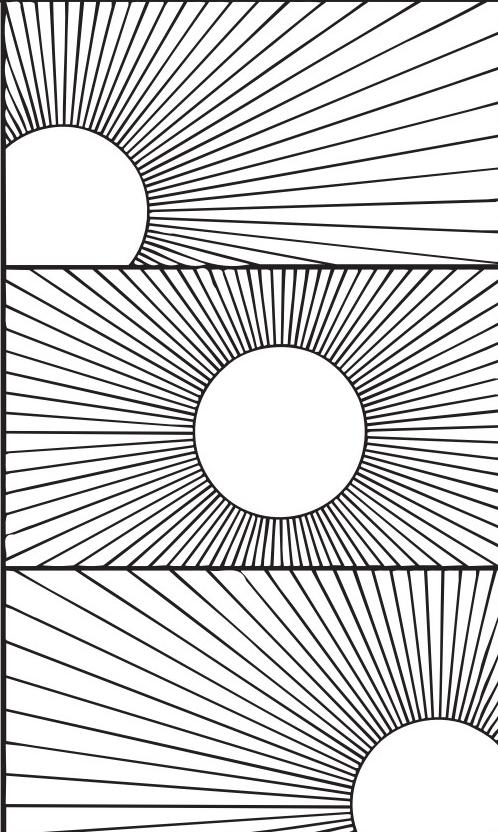
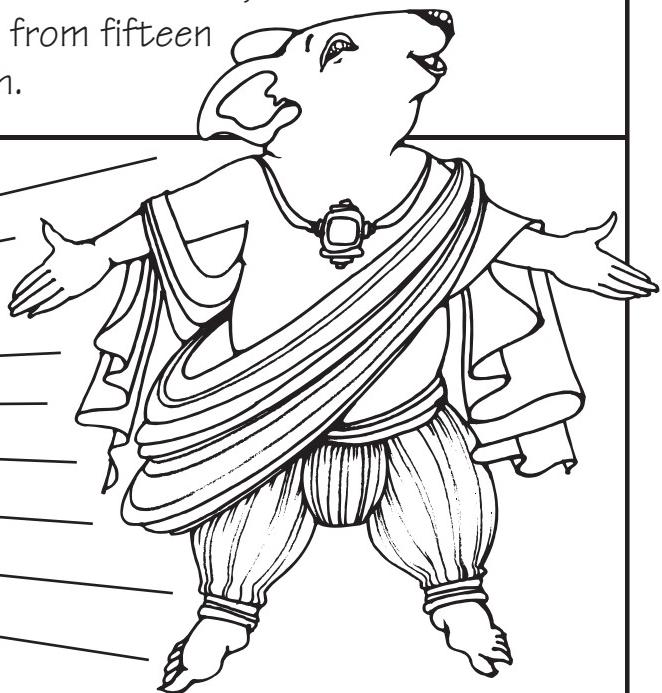


### Observing





When we begin to meditate, we should approach it dynamically, for we are becoming more alive. We are penetrating awareness into the very source of life itself. The finest times to meditate are before dawn, at noon, sunset and midnight. All four of these times could be used, or choose one. The meditation should be from fifteen minutes to one-half hour to begin with.



Be like the spaceman high above the surface of the Earth looking at the odic forces of the world.



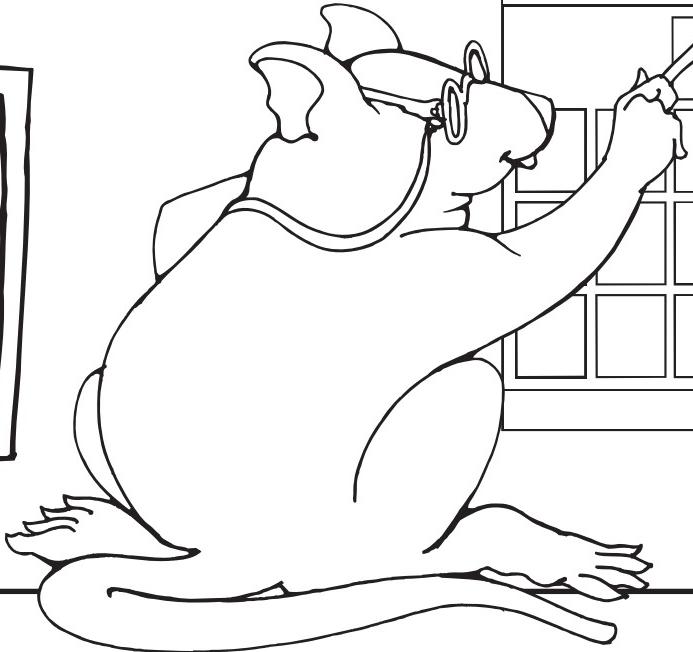
Choose a daily time for your meditation and be very consistent. It is also important to decide exactly what you are going to meditate on before beginning. Then stay with the decision throughout the meditation. Do not become distracted and take off in a new direction. Discipline is the key.

## Calendar



Meditation Plan

- 10 minutes breath control
- 5 minutes Feel the spine
- 10 minutes Be awareness



The experience of Parasiva is attained only when one has become very simple, direct and uncomplicated. A new nerve system must be built within this very body, strong enough to hold awareness within enough so that awareness itself can completely dissolve itself into its own essence. All of this can be achieved through meditation. But beware! There are some surprises. On the road to enlightenment every part of your nature must be faced and understood. This can be difficult. But it must be done.

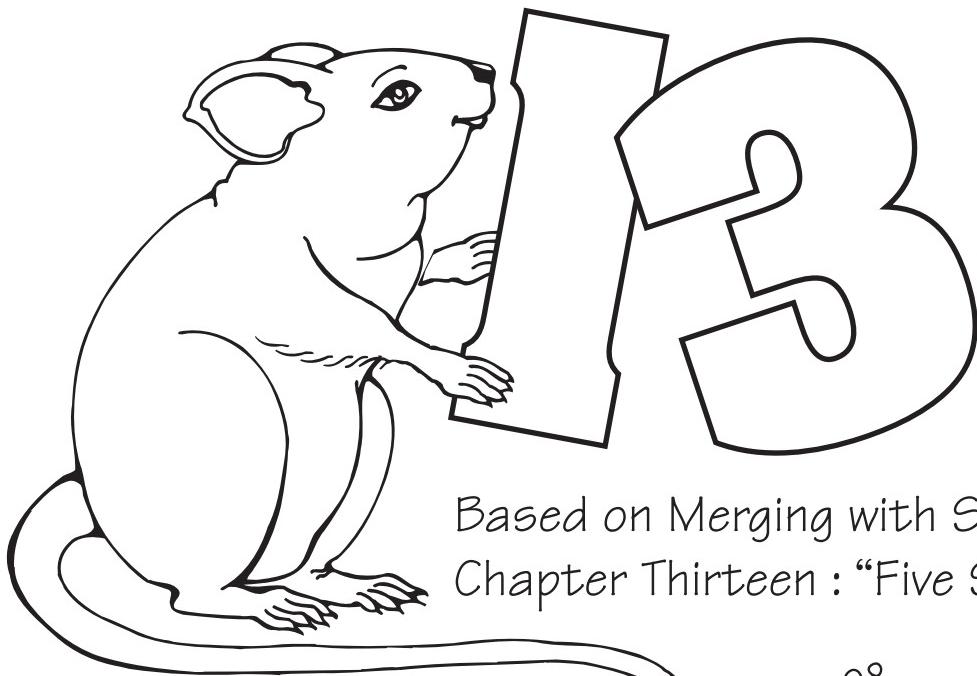
Many people begin to meditate with great enthusiasm, but soon stop. Although they honestly want to achieve the ultimate goal of Self Realization, their inner nerve system is not yet ready to endure the new life that will result from the practice of meditation. Those who persist will eventually succeed. Discipline through concentration is the key.



# Questions about the Twelfth adventures of Mystic Mouse.

1. How can meditation change our life?
2. What does Sage Ilon say we have to face and understand when we begin to meditate?
3. Why do some beginners stop their meditations?
4. How is the meditator like the tight-rope walker?
5. When is meditation similar to watching television?
6. What are the two forces that we become conscious of when we begin to meditate?
7. What happens when we control the breath in meditation?
8. What does it feel like after a good meditation?
9. What should we do after meditation?
10. What are some good times to meditate?
11. Please describe the entire story of Beginning to Meditate in your own words.





Based on Merging with Siva, Part One,  
Chapter Thirteen : "Five Steps to Enlightenment"

# Five Steps to Enlightenment

Ok, Sage Lion,  
I am serious. I  
really want to learn  
to meditate. Let's  
get started. What do  
I do first?

Very good. Now we come to the  
real study, and this applies to  
you personally. There are

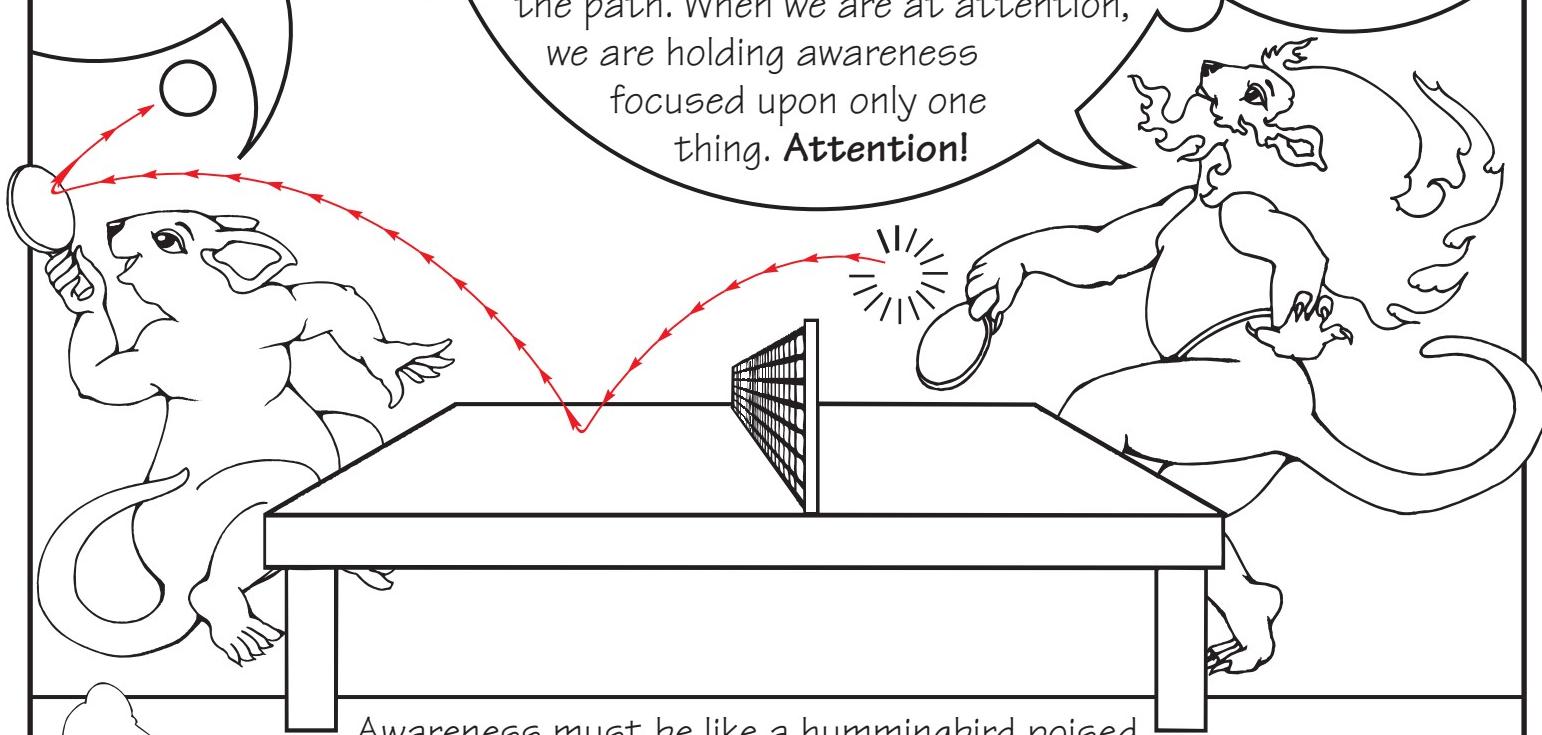
Five Steps to  
Enlightenment:  
*Attention*  
*Concentration*  
*Meditation*  
*Contemplation*  
*Self Realization*  
Aum

Would you like  
a spot of tea  
and a little  
cake?

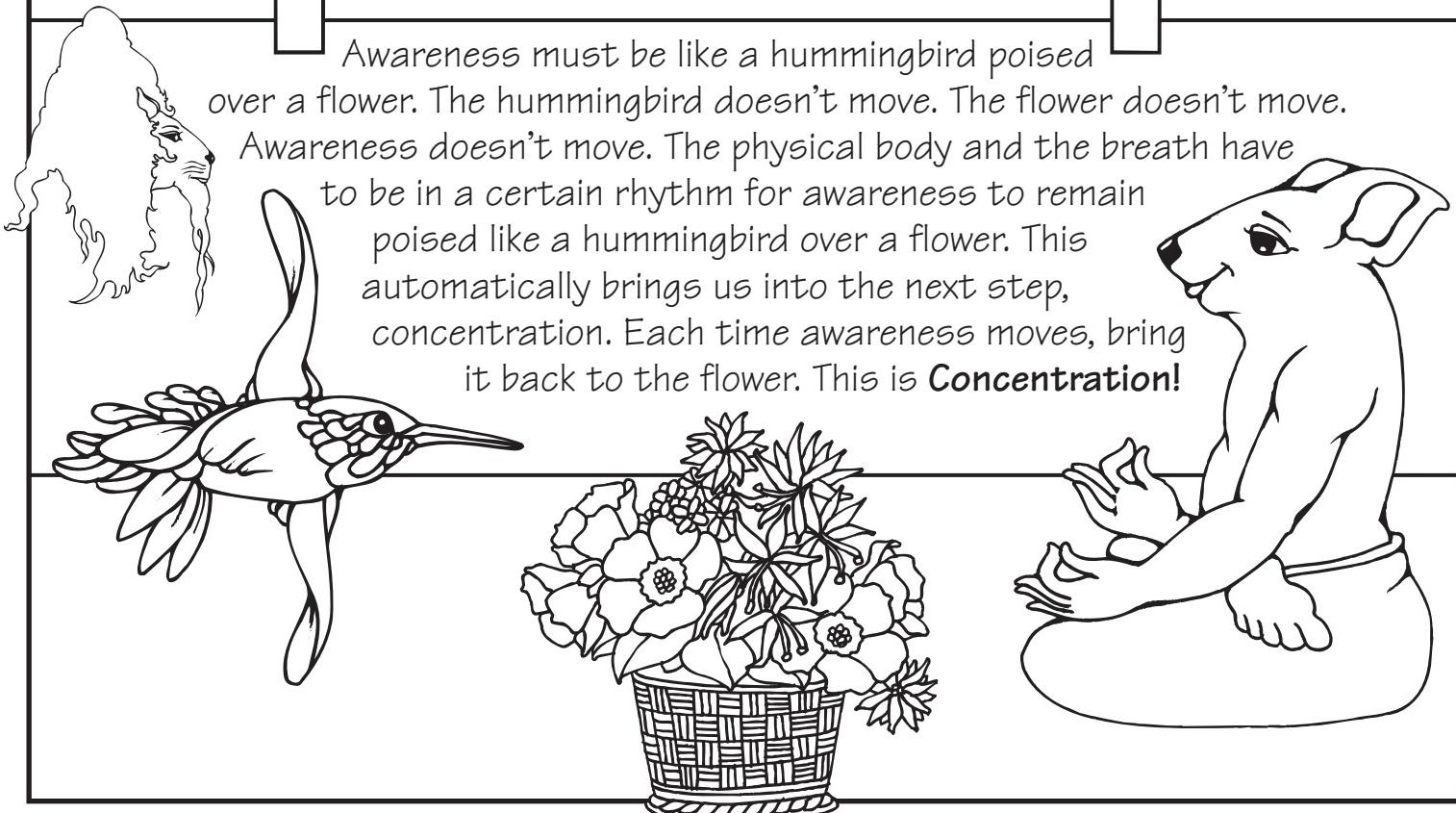


No time for tea and cake. Let's get going. I want to learn to Meditate.

That's the spirit. When we first start trying to meditate, awareness is flowing through many areas of the mind. It's like a little ping-pong ball, bouncing around. We must call upon our willpower and learn to hold awareness at attention. What is attention? Attention is the first of the five steps on the path. When we are at attention, we are holding awareness focused upon only one thing. **Attention!**

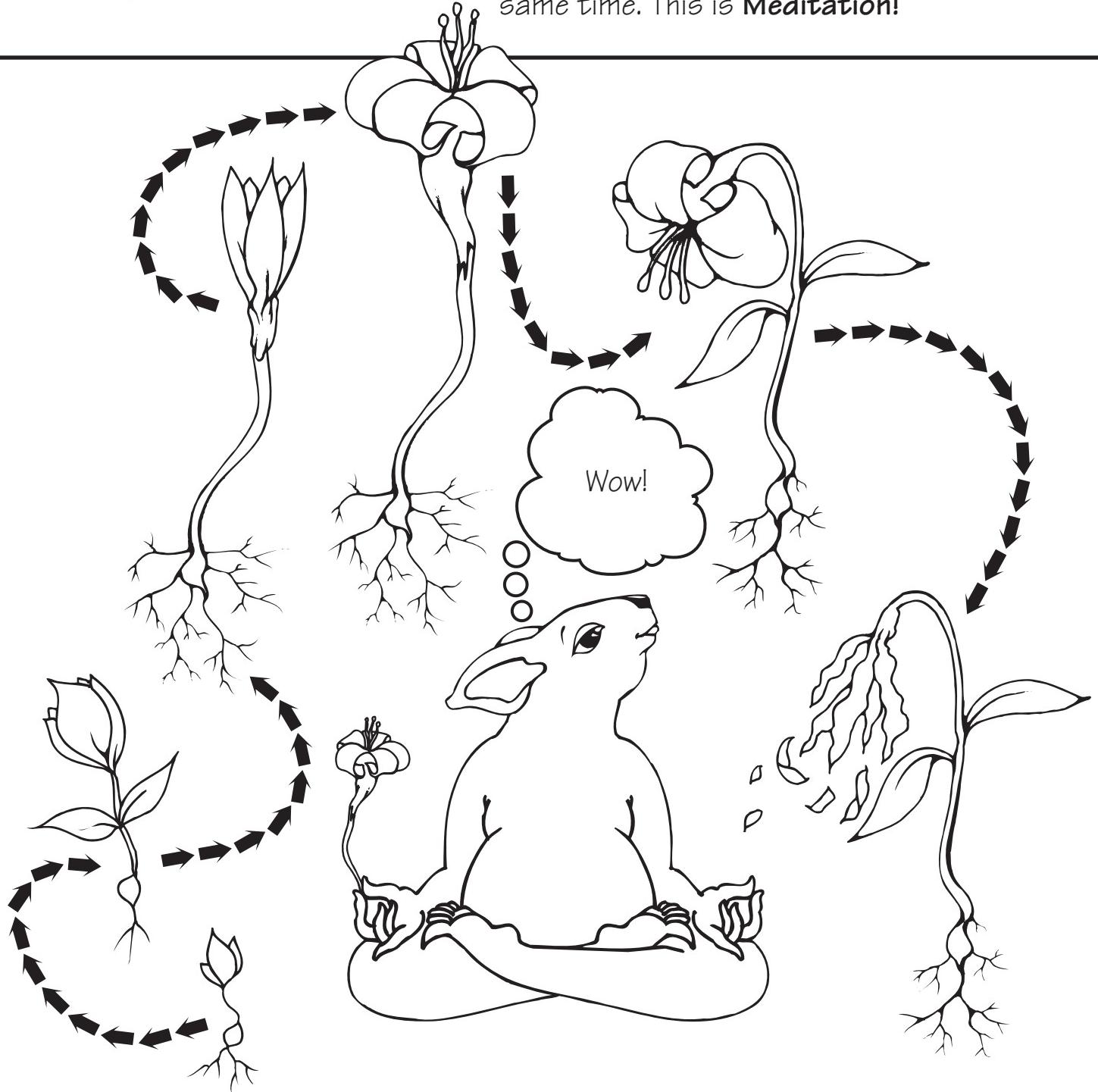


Awareness must be like a hummingbird poised over a flower. The hummingbird doesn't move. The flower doesn't move. Awareness doesn't move. The physical body and the breath have to be in a certain rhythm for awareness to remain poised like a hummingbird over a flower. This automatically brings us into the next step, concentration. Each time awareness moves, bring it back to the flower. This is **Concentration!**





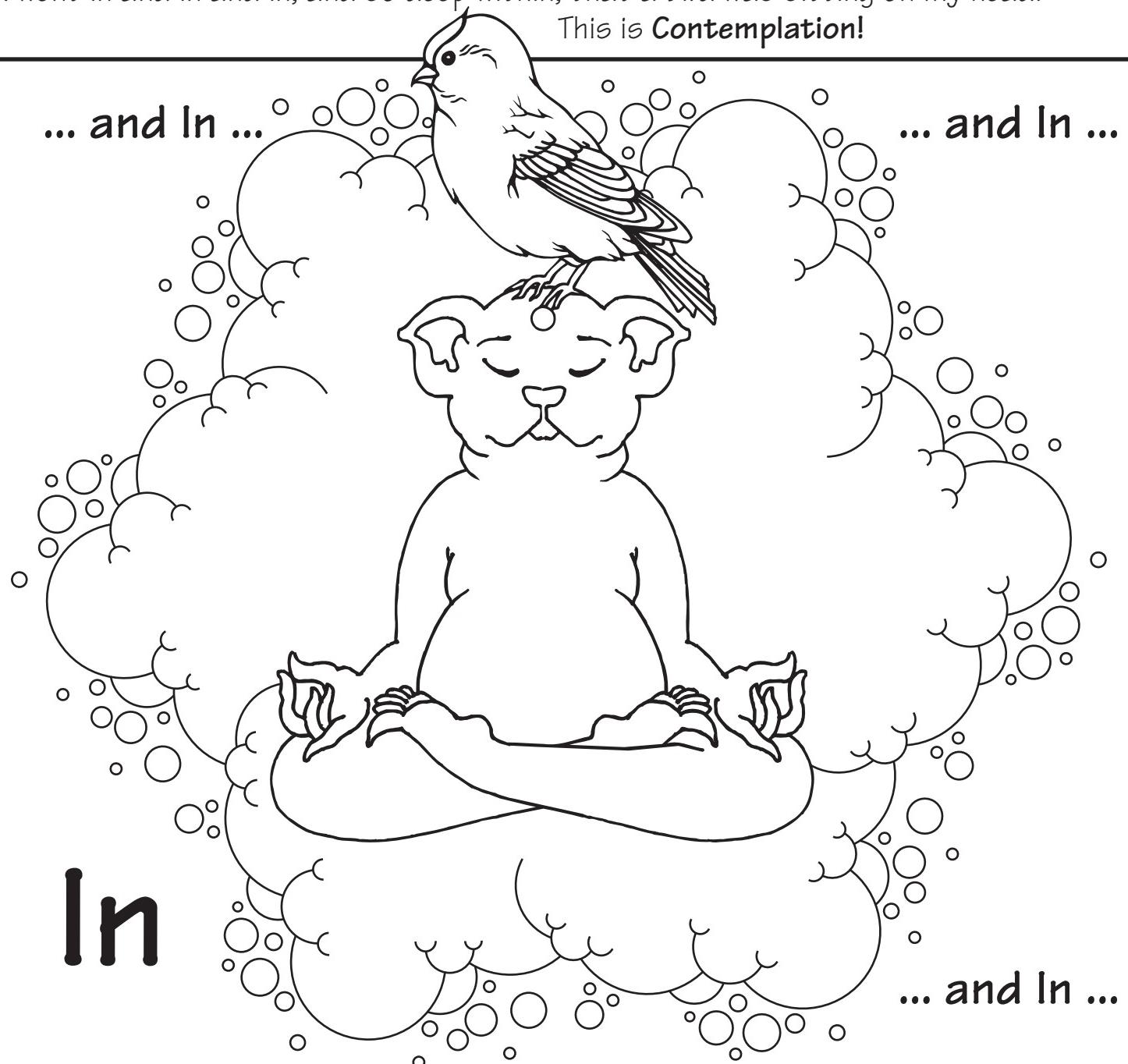
Meditation and concentration are practically the same thing. Meditation is simply a more intense state of concentration. Meditation is careful, close scrutiny of the individual elements and energies which make up that flower. You are observing it so keenly that you have forgotten that you are a physical body or that you have emotions. You are in the area of mind where that flower exists in all phases of manifestation, all at the same time. This is **Meditation!**

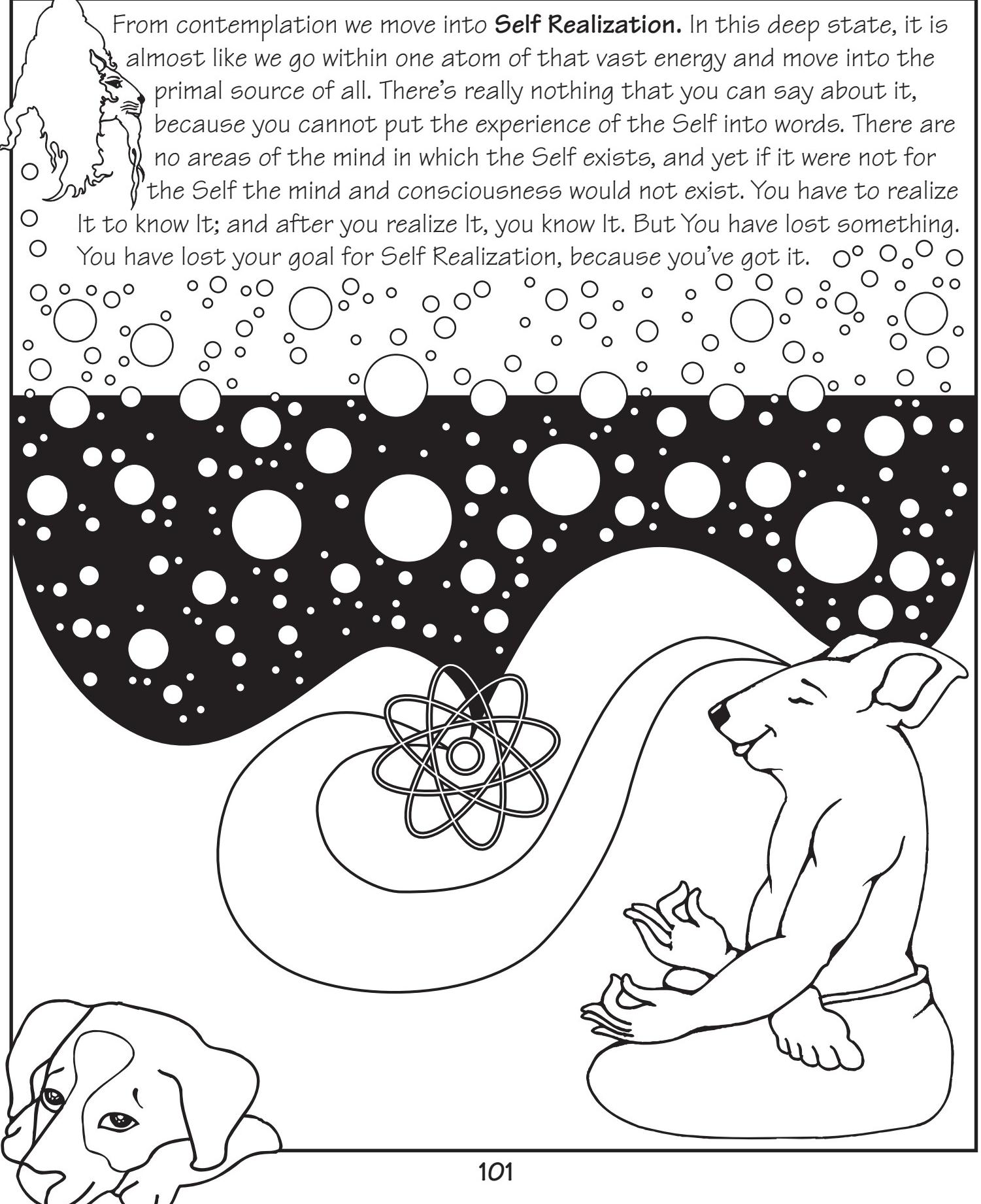




Out of meditation we come into contemplation. Contemplation is concentrating very deeply in the inner areas of the mind. We discover where that flower actually exists. Then we go deeper, deeper, deeper within, into the energy and the life within the cells of the flower, and we find that the energy and the life within the cells of the flower is the same as the energy within us, and we are in contemplation upon energy itself. We are so intently alive, we can't move. That's why we sit so quietly. Yogaswami once said, "I went in and in and in, and so deep within, that a bird was sitting on my head."

This is **Contemplation!**





From contemplation we move into **Self Realization**. In this deep state, it is almost like we go within one atom of that vast energy and move into the primal source of all. There's really nothing that you can say about it, because you cannot put the experience of the Self into words. There are no areas of the mind in which the Self exists, and yet if it were not for the Self the mind and consciousness would not exist. You have to realize

- It to know It; and after you realize It, you know It. But You have lost something.
- You have lost your goal for Self Realization, because you've got it. ○○○○○

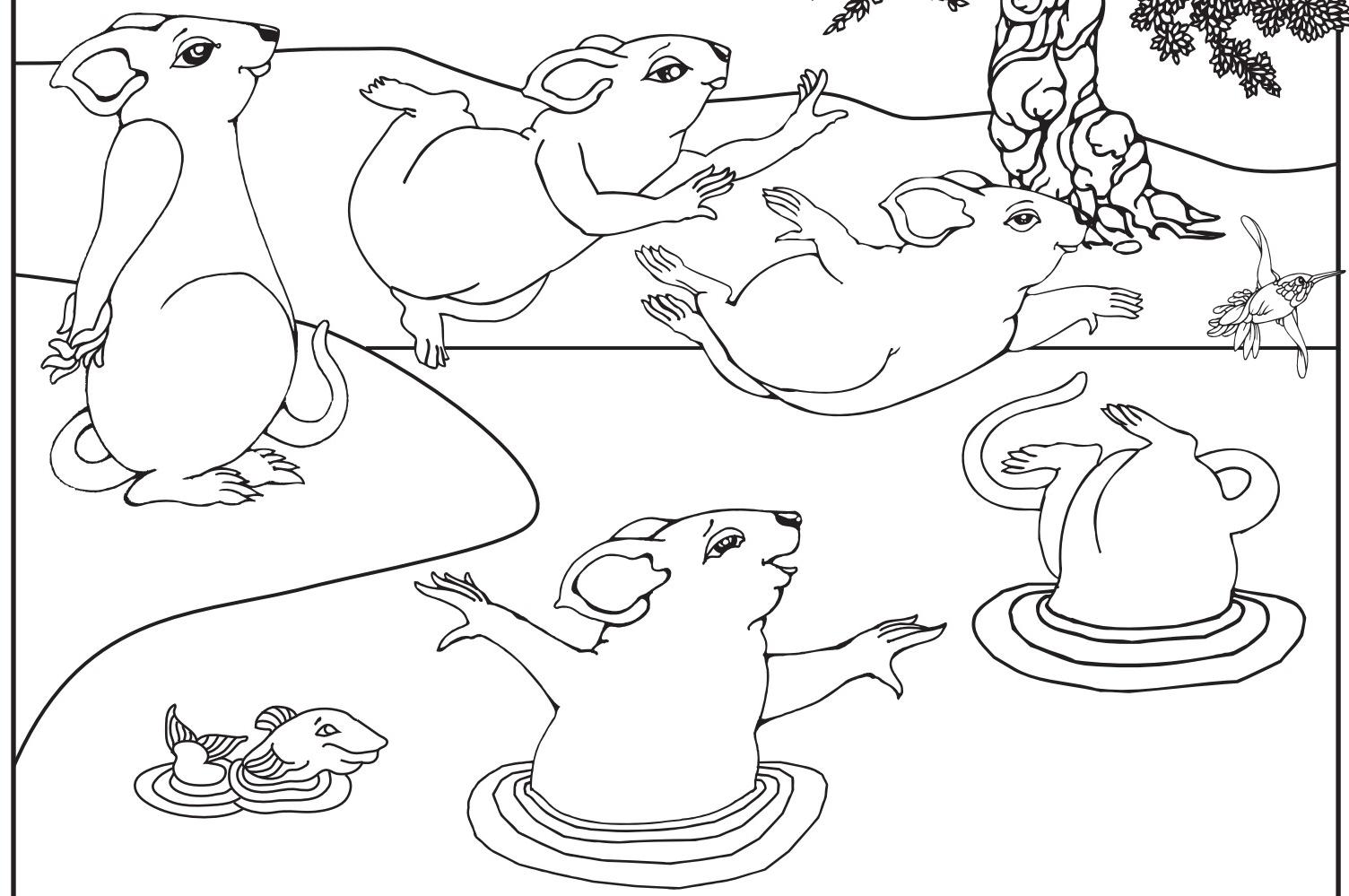
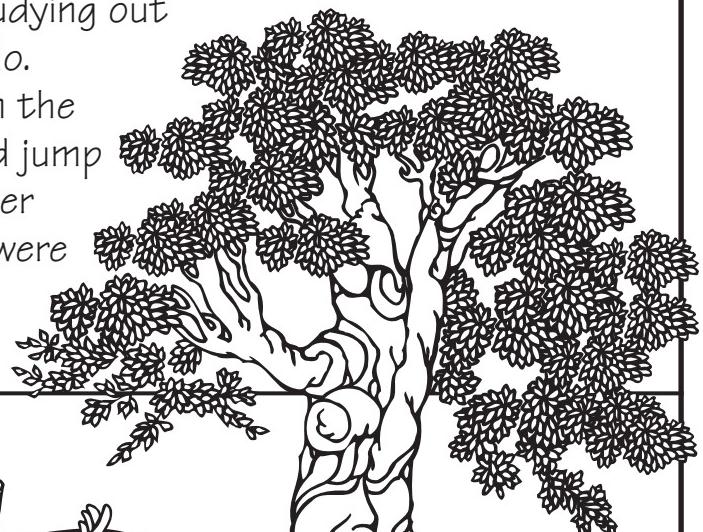


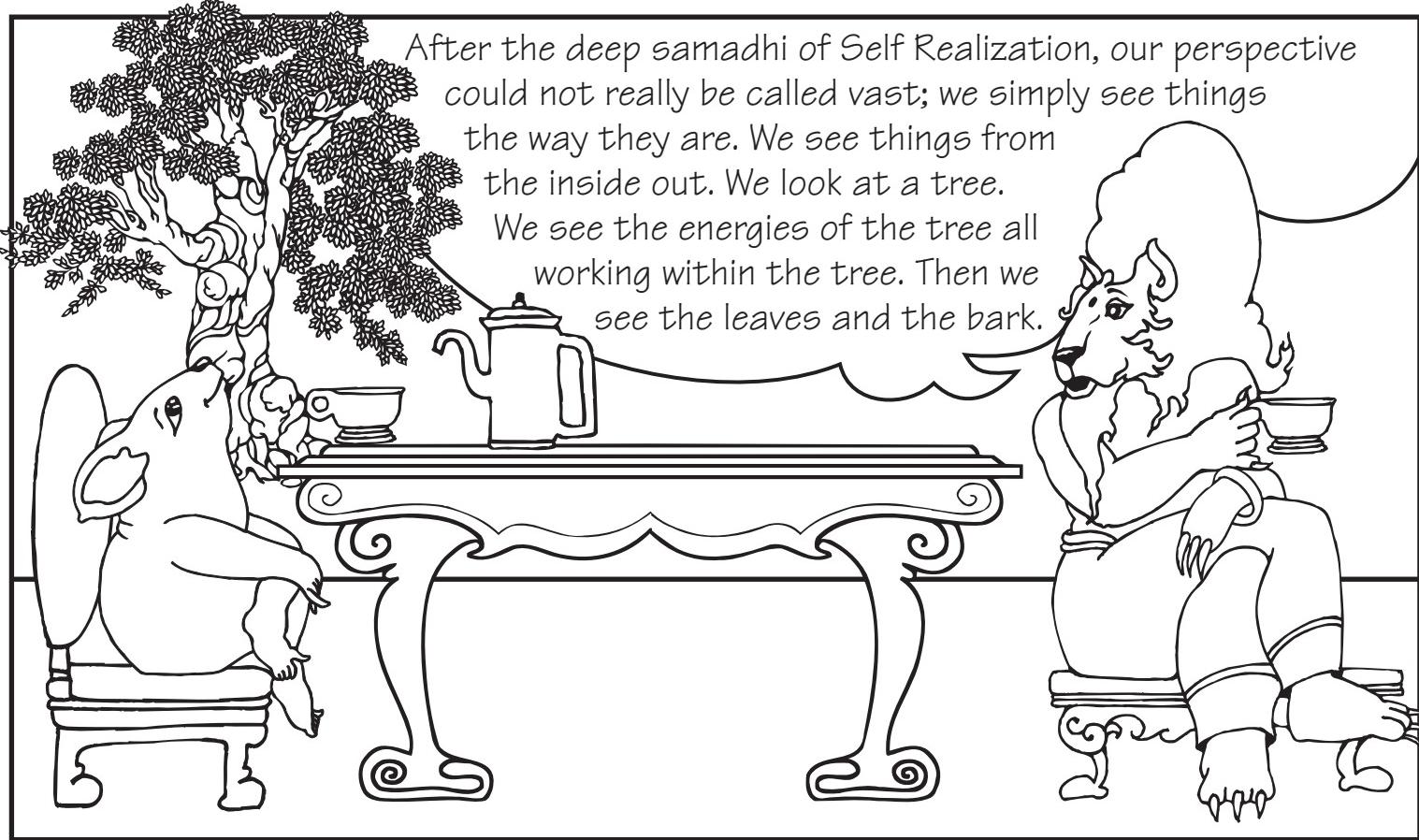
If you are wanting an explanation of Self Realization, look at it in this way. Visualize a lake. Beneath the surface of the water is the Self. The surface of the water, just the surface, is contemplation. We are going to dive through pure consciousness into the Self. We will call the physical body awareness. First, we prepare. **Attention!** We walk around the pool and get ready for this great dive. **Concentration!** We pull our forces together.

**Meditation!** We look over the lake. We are studying out the philosophy of just what we are going to do.

**Contemplation!** We just stand right there on the brink of the Absolute. And then we laugh, and jump in to the source of all—**Self Realization!** After this Realization we are just the same as we were before, but we are all clean on the inside.

Awareness has a new center in the **Self!**





After the deep samadhi of Self Realization, our perspective could not really be called vast; we simply see things the way they are. We see things from the inside out. We look at a tree. We see the energies of the tree all working within the tree. Then we see the leaves and the bark.

For Self Realization, you have to really want it more than your life, for that is what it is, more than your life. Memorize these five steps:

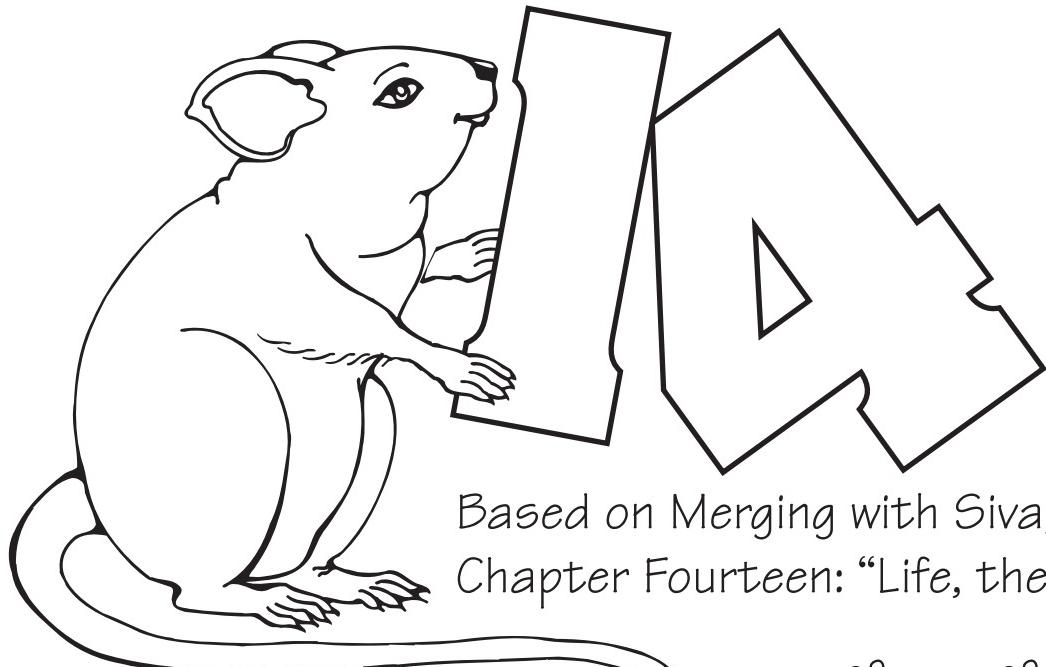
**Attention, Concentration, Meditation, Contemplation, Self Realization.**

The realization of the Self is worth seeking for. It is worth striving for. We are not on this planet to become educated, to get things, to make money, to dress up the physical body, to acquire property, to feed ourselves. We are on this planet for the realization of the Self. That is why we have come to this planet, and we will keep coming back through the process of reincarnation, time and time and time again, until we find what we are looking for. Intellectually, we have to compare awareness to something in order to get the idea. Once we have the idea and have caught the vibration and have released awareness from that which it is aware of, we are on our way in our innersearch for the ultimate goal.

# Questions about the 13th adventures of Mystic Mouse.

1. What are the five steps to enlightenment?
2. What is attention?
3. What is concentration?
4. What is meditation?
5. What is contemplation?
6. What is Self Realization?
7. Please tell the story of Mystic Mouse jumping into the lake as an example of the five steps to enlightenment.
8. What is different in our life after Self Realization?
9. What is the purpose of life on earth?
10. Why do we keep coming back to physical life through the process of reincarnation again and again and again?
11. Please describe the entire story of the five steps to enlightenment in your own words.





Based on Merging with Siva, Part One,  
Chapter Fourteen: "Life, the Great Experience"

# Life The Great Experience

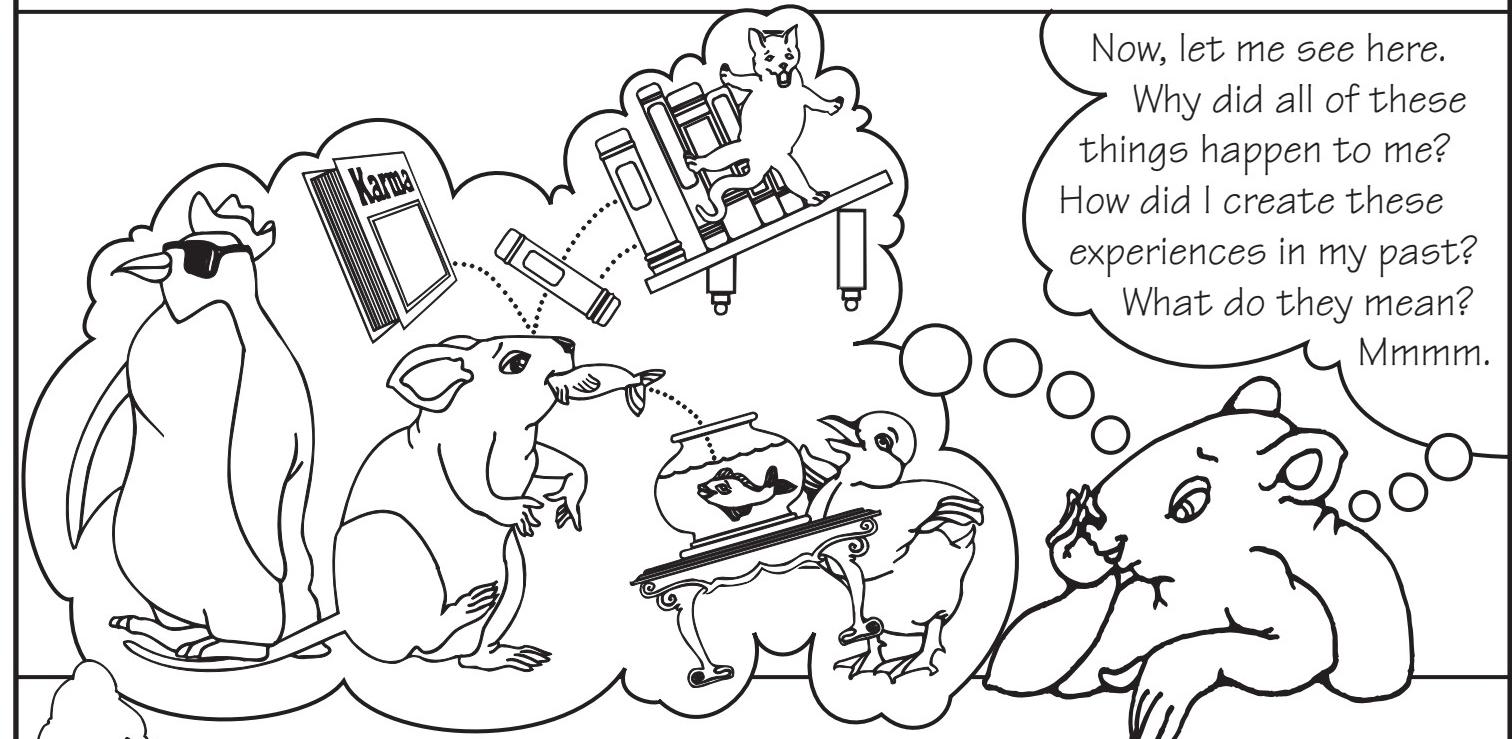
At one time or another in life, each of us has had similar experiences of temptation. There were times when we did things we knew we would be sorry for later. The knowing of the law of karma is within us.

But Sage Lion, I've been such a good little mouse. I have nothing to be sorry for.

The yoga student must establish good basic principles in his life. He must try very hard to do this always.



The knowledge of interrelated action and reaction is within the consciousness of man. To understand the experiences of life, we must ask ourselves, "What does this experience mean? What lesson have I derived from it? Why did it happen?" We can only find answers to these questions when we have established a foundation of dharmic principles. Dharmic principles are the laws that govern action and reaction.



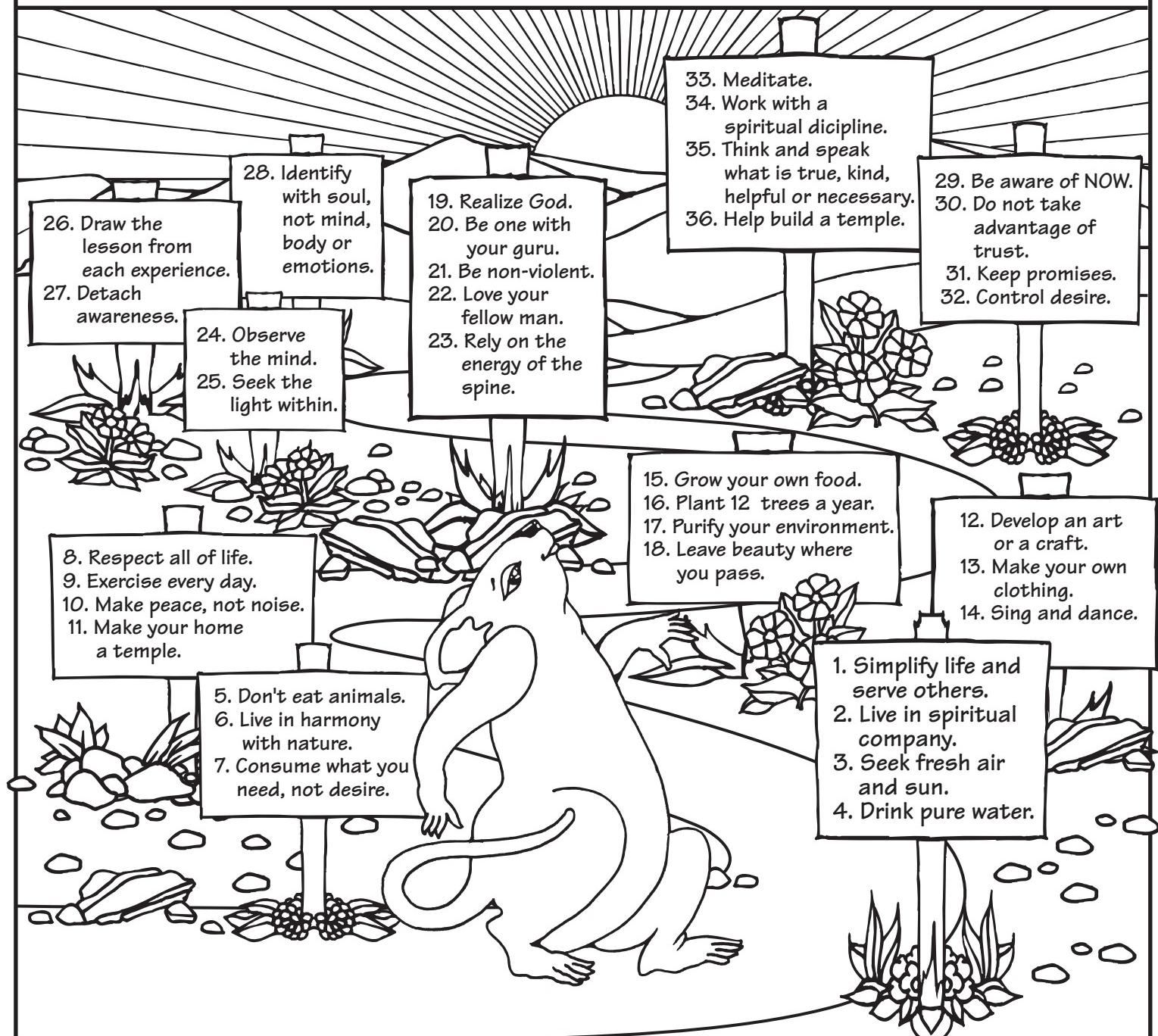
There is a state of mind in which understanding is not possible. This is when the subconscious is confused. Too many experiences have gone into the subconscious that have not been resolved through understanding. Everyone experiences this sooner or later.

There is a way to handle this problem.





There are 36 contemporary principles that make us secure so that we can live a happy life. If we practice these principles all of the time, we will be able to understand the experiences of life and not be sad. Life is a series of decisions. Each instant, we are called upon to make these decisions. Then we act upon these decisions. Later we must face the reactions to these actions. Decision—action—reaction. This is the sequence of life that happens again and again. There are always two paths to choose from. These 36 principles help us to identify and choose the high path that leads to a happy life.





Balancing the subconscious mind is like keeping accounts or balancing books.

Suppose you have hurriedly put many figures in your accounting records.

Some of them are correct but a few are not, and others do not belong.

So, the books don't balance. You may spend hours reviewing these accounts, but they just won't balance. It takes someone else to gently point them out to you. As you quietly sit in concentration over your

books, your teacher or friend may walk in the door and in five minutes find the error.

The ledger is your subconscious mind, the figures are your experiences, and until you understand them you will remain in darkness, in a state of imbalance.





Each experience is a classroom. When the subconscious mind has been fully reconciled to everything that has happened, and we have fully realized that everything we have gone through is only an experience, we receive our innerversity personal evaluation report. It will be covered with the highest grades, telling us that we have excellent understanding.

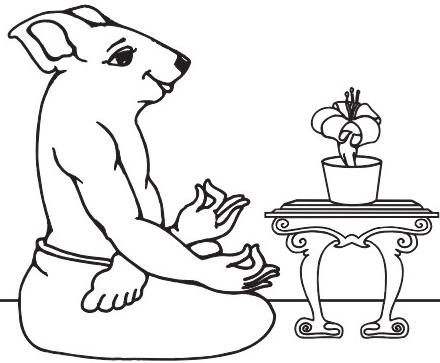


Understanding is important because if you have failed a class, or several classes, you will feel badly, and it will also take you longer to graduate. If you haven't taken from each experience its full understanding, you remain in the classroom reacting to the lesson you are learning, even though the experience may have occurred many years ago.

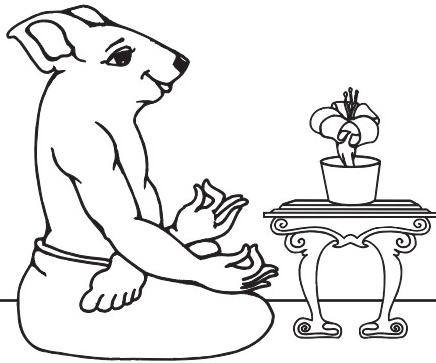




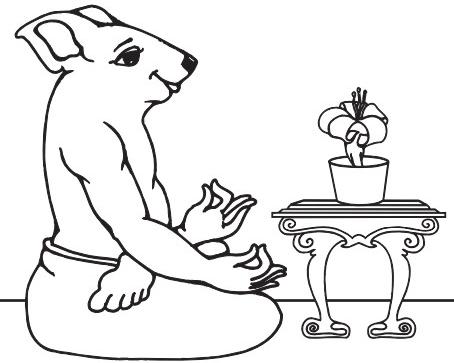
Consistency is one of the most important qualities of a devotee. It is only through consistency in our daily life that we gain the awareness which enables us to cognize the experiences of life, taking from them their real lessons. It is only through consistency that we can avoid many of the boulders that lie in our way on the classical yoga path to enlightenment. If we practice the art of being constant, we will unfold our destiny.



**Monday**



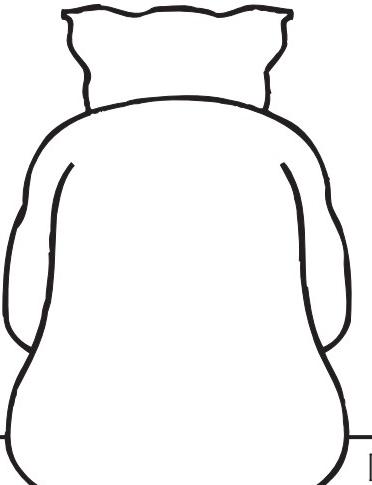
**Tuesday**



**Wednesday**

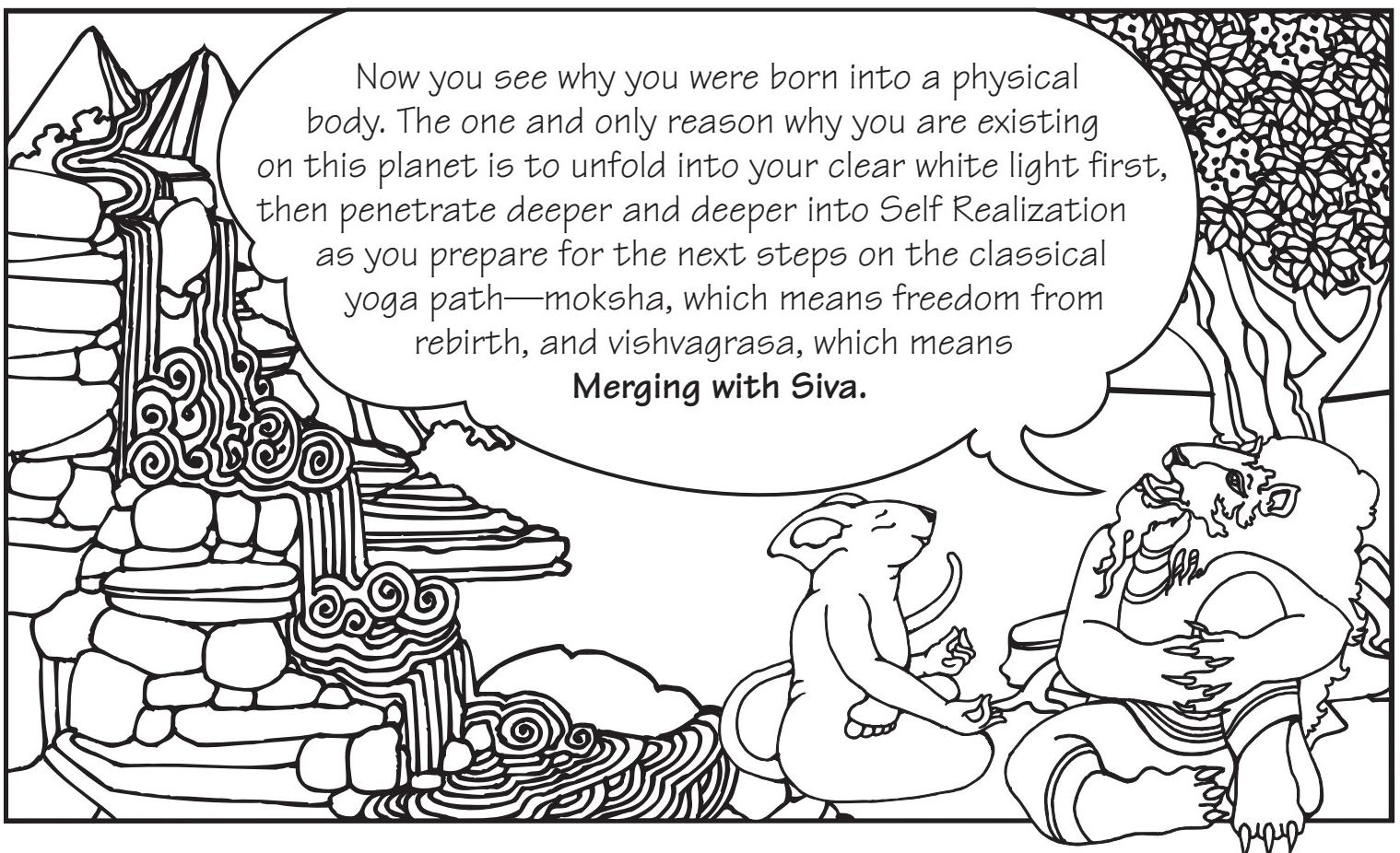


Study your approach to life today as you practice this exercise. Take some of the experiences from your subconscious state of mind. Add them all up. Visualize a scale before you. Put the total of the experiences understood and the lessons derived from them on one side. Put on the other side of the scale the total number of experiences that you do not understand. See how they balance. If they balance evenly, you are well on your way.

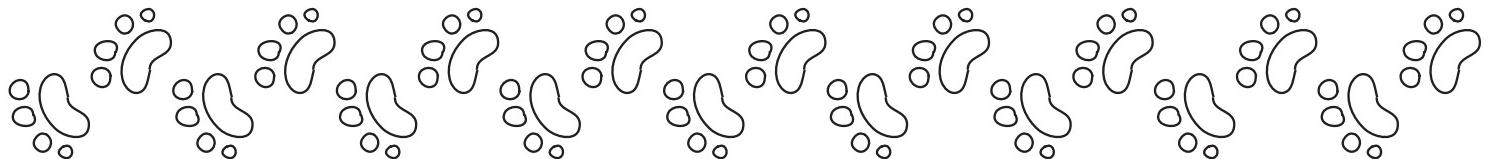


If they overbalance on this side, you may consider dedicating your life to serving others.

If they overbalance on this side, you have got work to do but you know how.



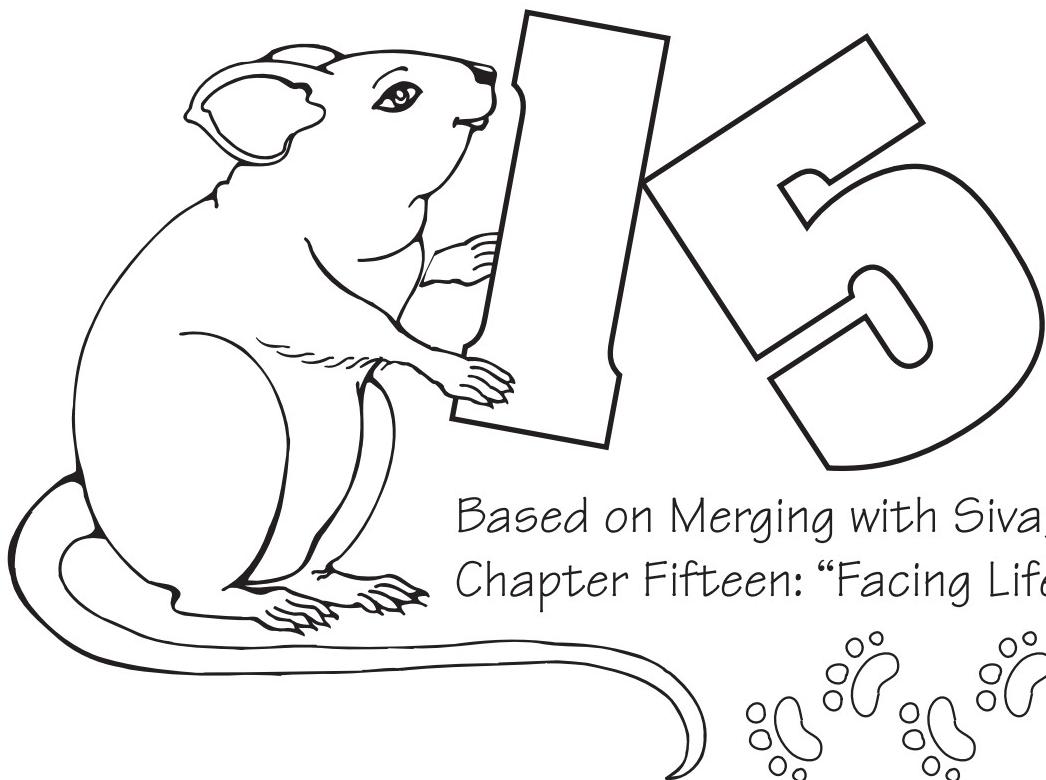
You are here on this planet to realize the Self God, and the only way to experience this Self Realization is to awaken within you a dynamic, indomitable, actinic will. To do this, the steps are: first, find out what and where the willpower is. Everyone has it. Willpower is that quietness within, that serenity that is likened to a light so bright that you cannot see it with the physical eyes. Second, learn to use this actinic will. Find your actinic spiritual destiny in this life. Learn to live fully each instant, completely in the eternity of the moment. Become refined by constructive, rather than abusive practices. Become positive through the generation of good deeds, rather than those uncomplimentary experiences we react to and reenact. Yours is a new and positive destiny, one that is true, constant and free from want or dangers. Life ahead for you can only become one of fulfillment and radiance as you adjust to basic positive principles.



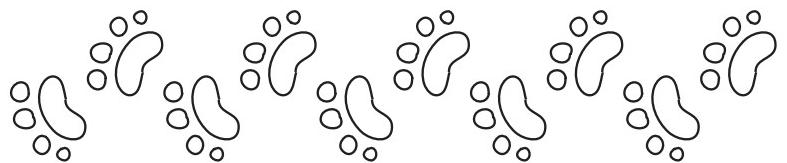
## Questions about the 14th adventures of Mystic Mouse.

1. What must the yoga student establish in his life to help him avoid experiences of temptation?
2. What must the yoga student do when he is faced with memories from the past that he does not understand?
3. Please name and explain six of the 36 contemporary principles that help establish a happy life.
4. How is balancing the subconscious mind like balancing accounting records?
5. How is each of the experiences of life like a classroom?
6. What happens if we do not understand an experience in the classroom of life?
7. Why is consistency important in the practice of yoga?
8. Why is willpower so important in the practice of yoga?
9. If we add up all of the experiences of our life, and we DO NOT understand most of them, what should we do?
10. If we add up all of the experiences of our life, and we DO understand most of them, what should we do?
11. Please explain the story of Life the Great Experience in your own words.





Based on Merging with Siva, Part One,  
Chapter Fifteen: "Facing Life's Tests"



# Facing Life's Tests

My dear little mouse, when we are children, we run freely, because we have no great subconscious burdens to carry. Very little has happened to us. Of course, our parents and religious institutions try to prepare us for life's tests. But because a child doesn't know any better, the preparation is usually not accepted.

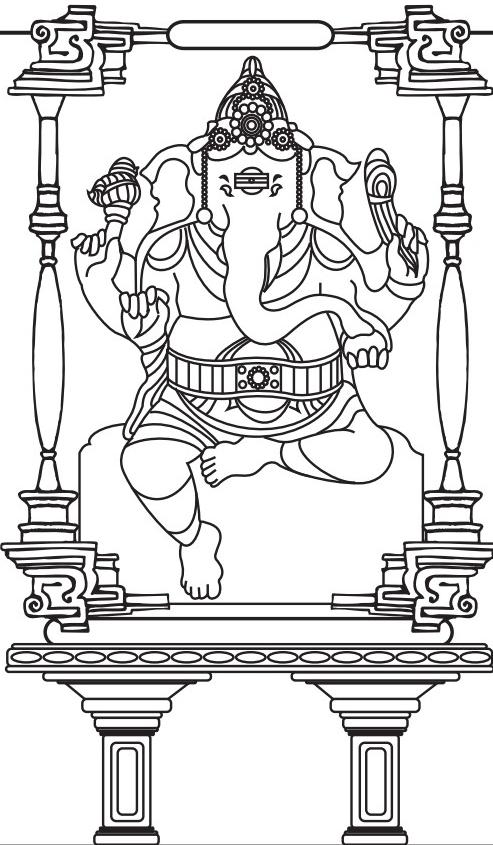




The ancient yoga system provides some simple guidelines for religious life. They are called the yamas and niyamas. The yamas, or restraints, give us a basic system of discipline for the instinctive mind. The niyamas, or positive observances, give us things to do which create a good life with good karma. If we choose not to follow these guidelines, negative experiences will follow, and we will be unhappy.

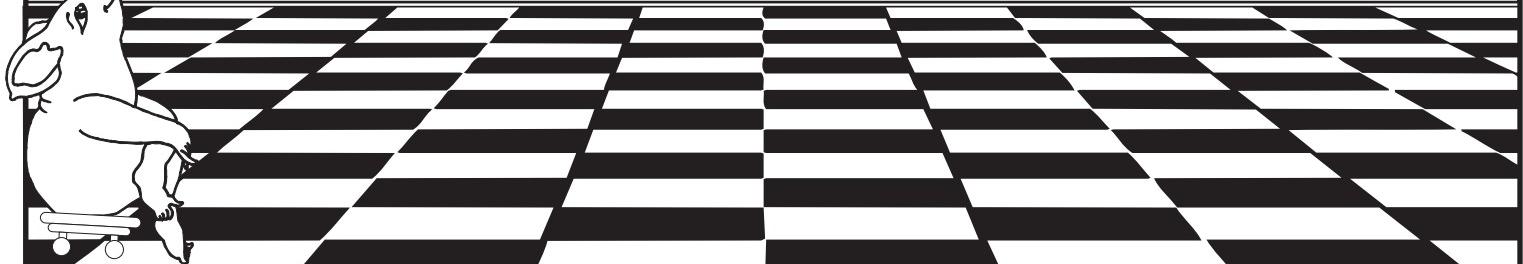
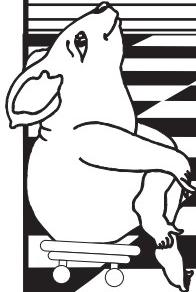
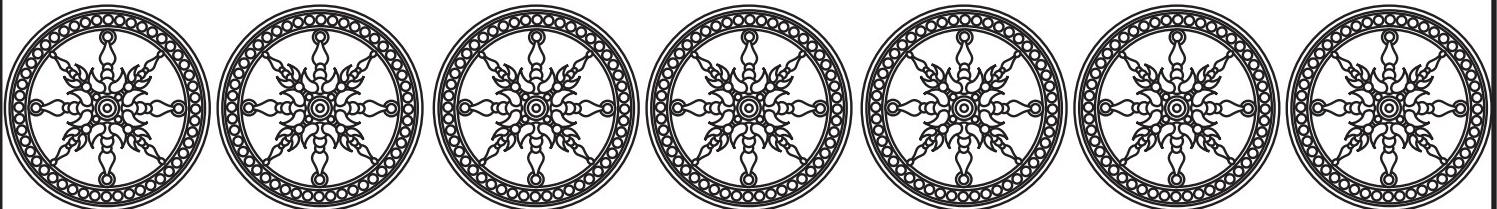
## **YAMAS**

- 1. Noninjury**
- 2. Truthfulness**
- 3. Nonstealing**
- 4. Celibacy**
- 5. Patience**
- 6. Steadfastness**
- 7. Compassion**
- 8. Honesty**
- 9. Vegetarianism**
- 10. Purity**

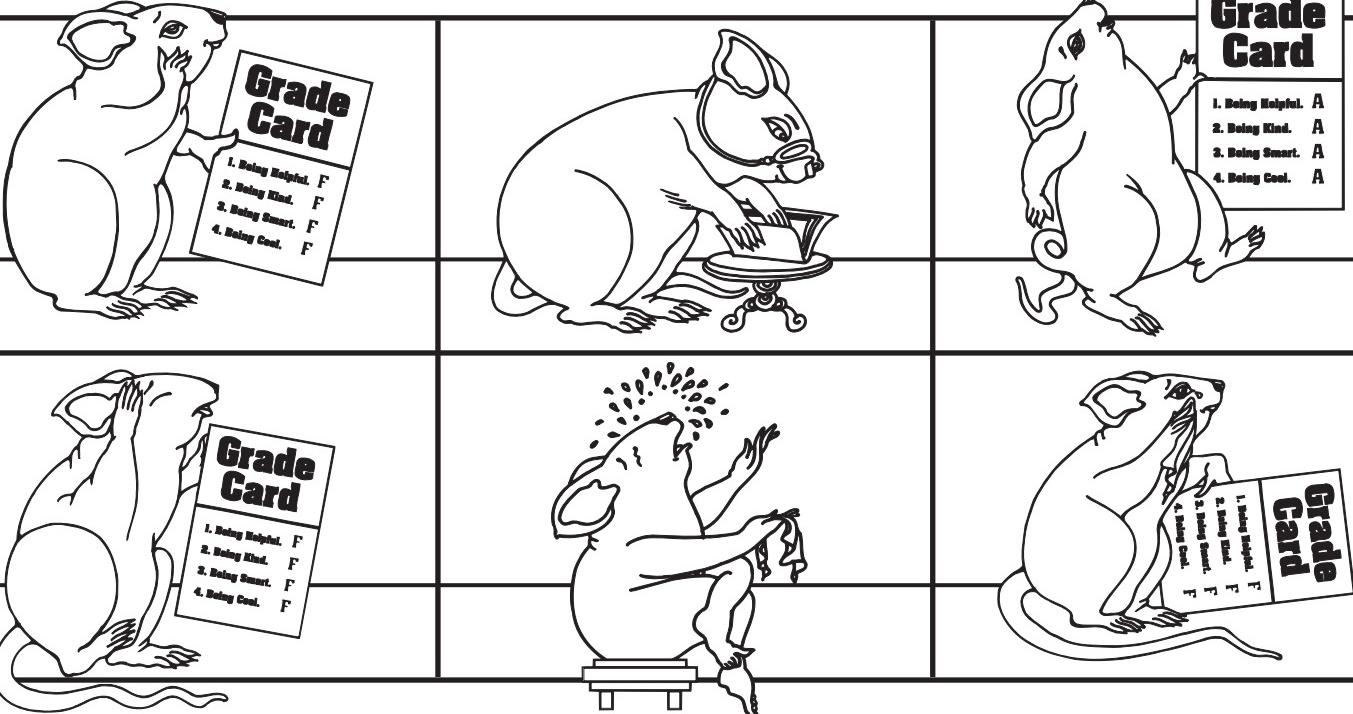


## **NIYAMAS**

- 1. Remorse**
- 2. Contentment**
- 3. Giving**
- 4. Faith**
- 5. Worship**
- 6. Study**
- 7. Cognition**
- 8. Obdying Vows**
- 9. Japa**
- 10. Austerity**



The basic laws of life are so simple that many people don't obey them. Why? Because the opportunities to not follow these laws are so frequent that we get in the habit of making up good reasons for doing something else instead. It is normal to fail some of these tests. It is like getting a failing grade on a report card in school and having to take a class over. We must learn from our experiences or repeat our classes again and again.

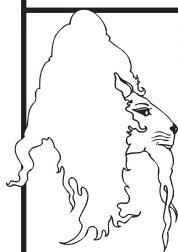
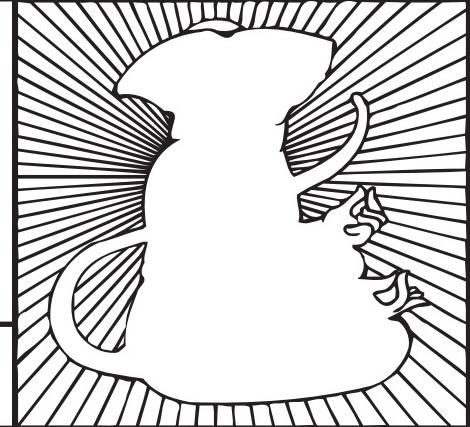
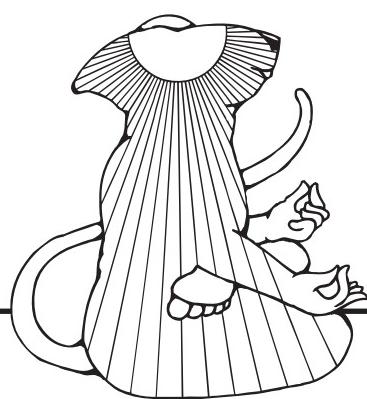


It is our teaching to not react to life's experiences, but to understand them. When we have understanding, we free ourselves from the impact of these experiences, and we can realize the Self within. The best way to understand the experiences of life is to relate each one of them to the Yamas and Niyamas. This brings correct understanding quickly.

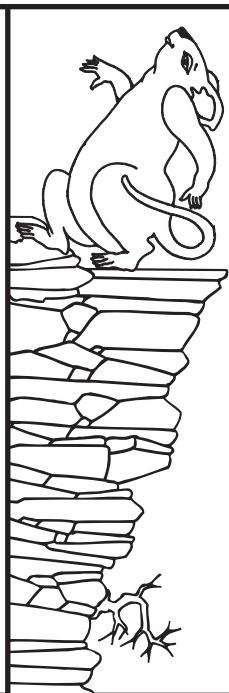
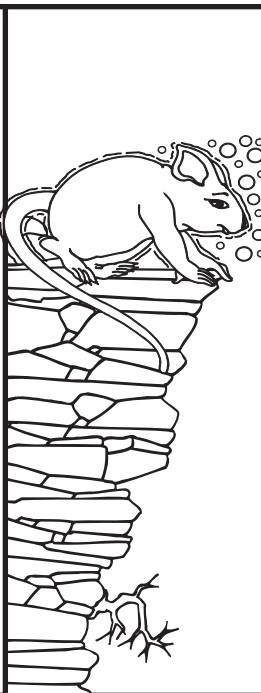
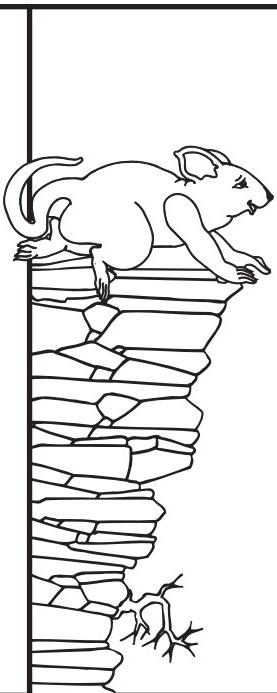
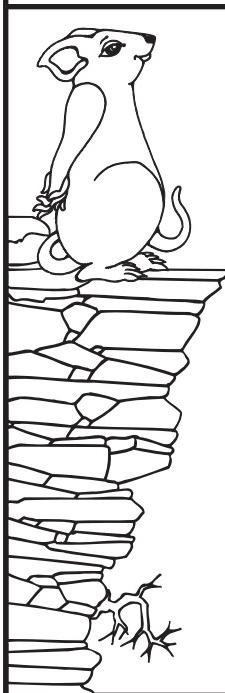




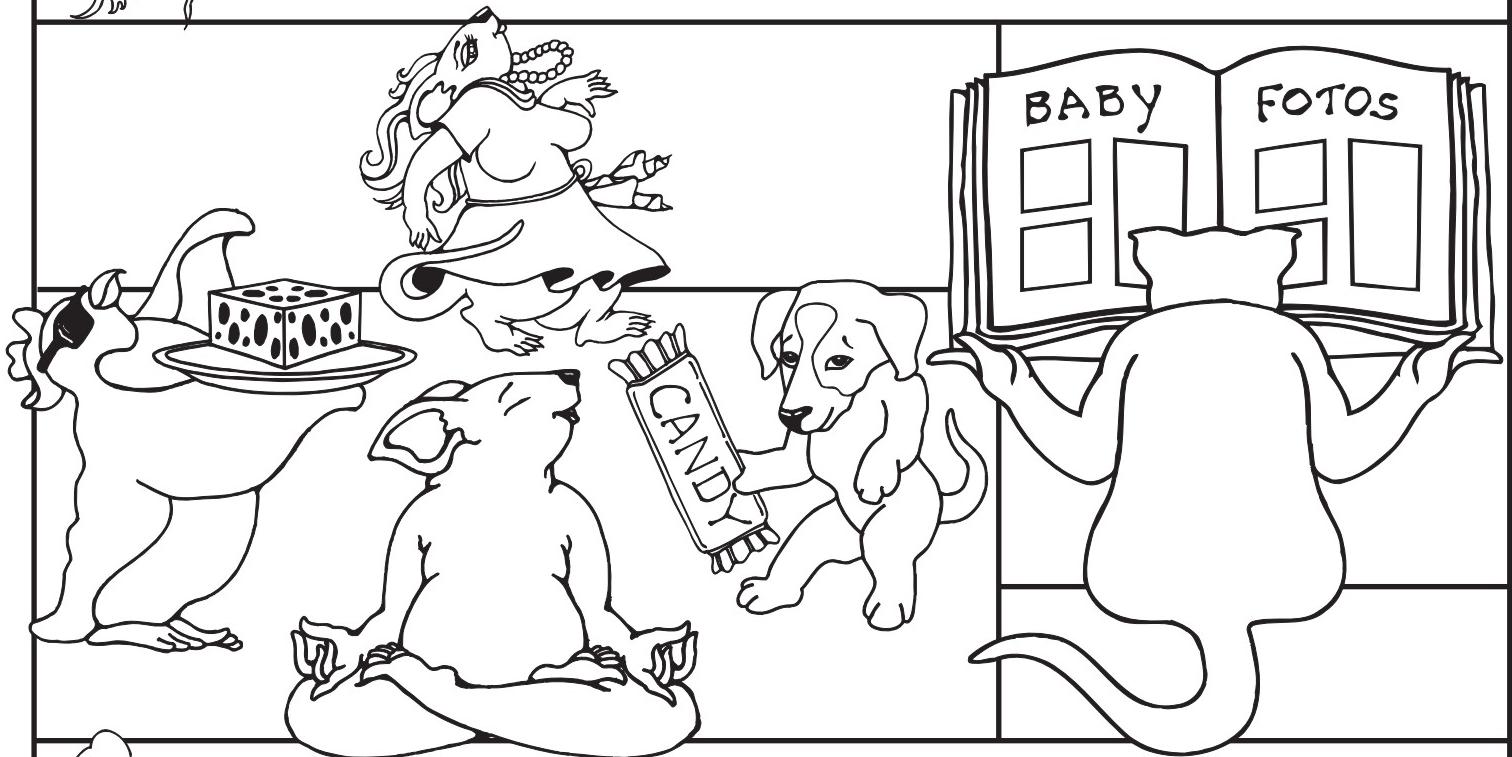
As soon as we cease to react, we have for the first time the vision of the inner light. What do we mean by this word light? We mean real light, just like the light we see coming from the sun or a light bulb. You will see this light first at the top of the head, then throughout the body. An openness of mind occurs, and great peace. As a seeker gazes upon his inner light in contemplation, he continues to purify the subconscious mind. As soon as that first yoga awakening comes, the whole nature begins to change.



Have you ever stood right at the edge of a mountain cliff? You were careful about falling over the edge, weren't you? But have you experienced that tendency in your nature that makes you wonder what it might be like to fall? If you fall, accidentally or on purpose, you might receive some kind of scar or bruise, but you would learn something. It is the same with spiritual life. If we fall, the experience may be painful, but we must learn and keep going.

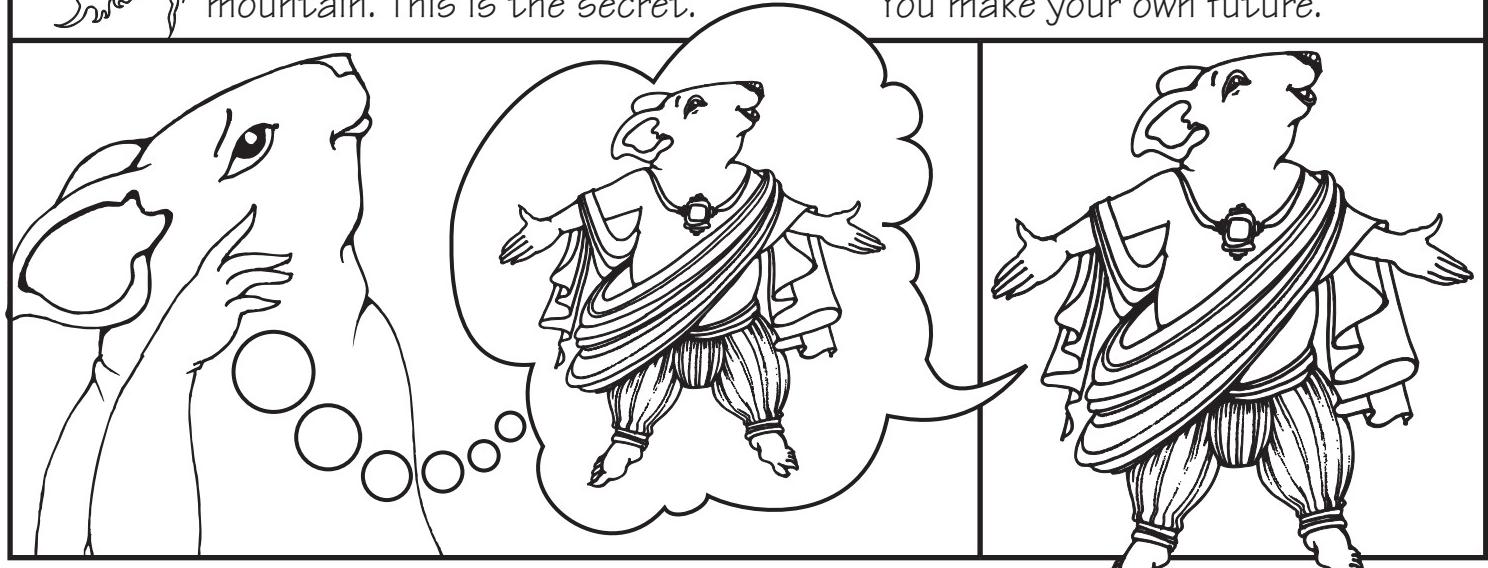


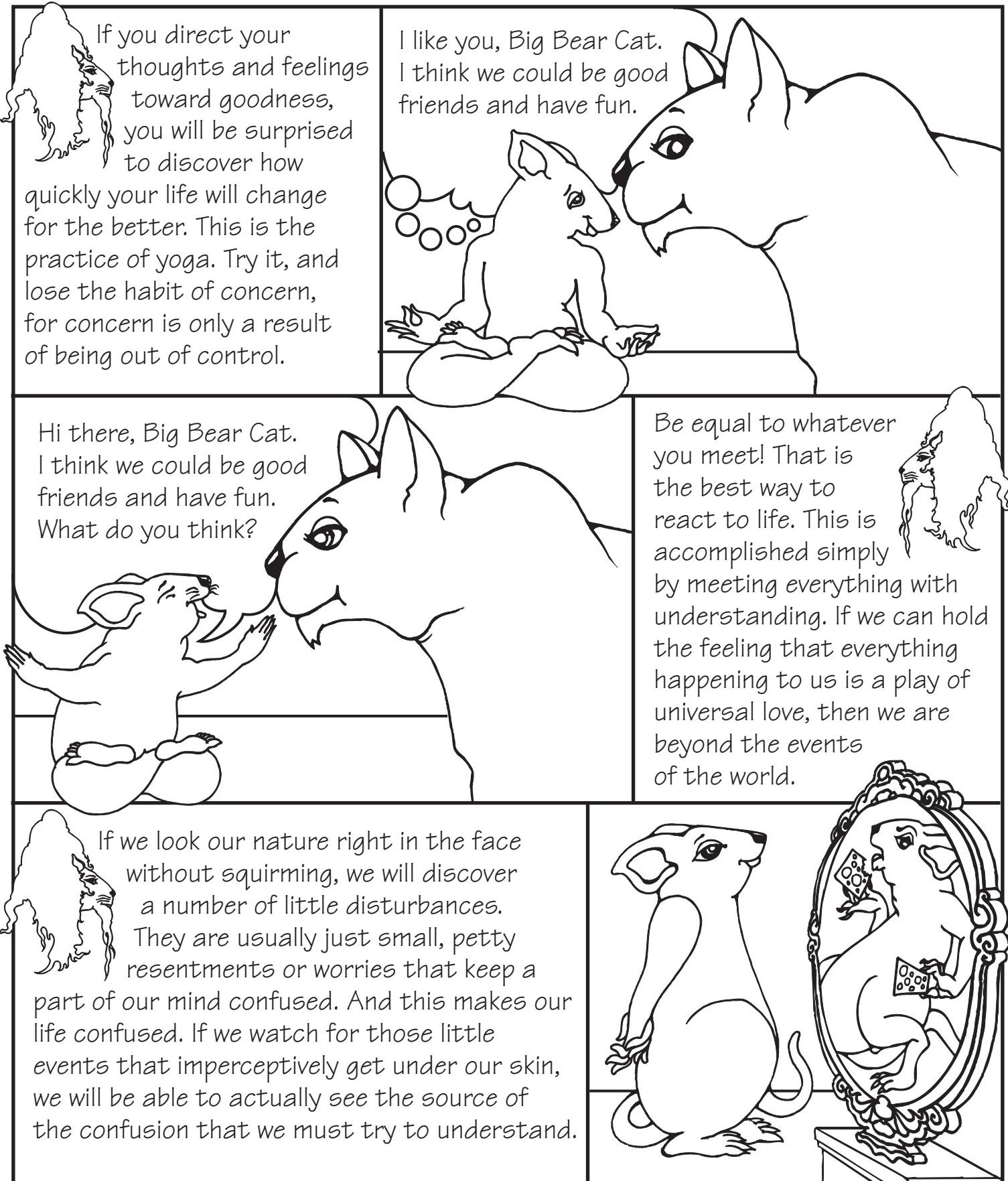
If we are able to be strict with ourself in all of life's small challenges, we will always find a way to experience selflessness and peace. But, if we are not willing to restrain the inclinations of our lower mind, we will find ourselves incapable of entering into blissful inner life. Instead, we open ourselves to jealousy, hatred, self-indulgence, lust, fear, greed and more.



If we look back at our baby pictures we can see that we most naturally lost and left behind the form that was ours at that time, and this will continue. Here is a visualization exercise. Visualize the way you want to be. Train your subconscious mind to keep you away from the edge of the mountain. This is the secret.

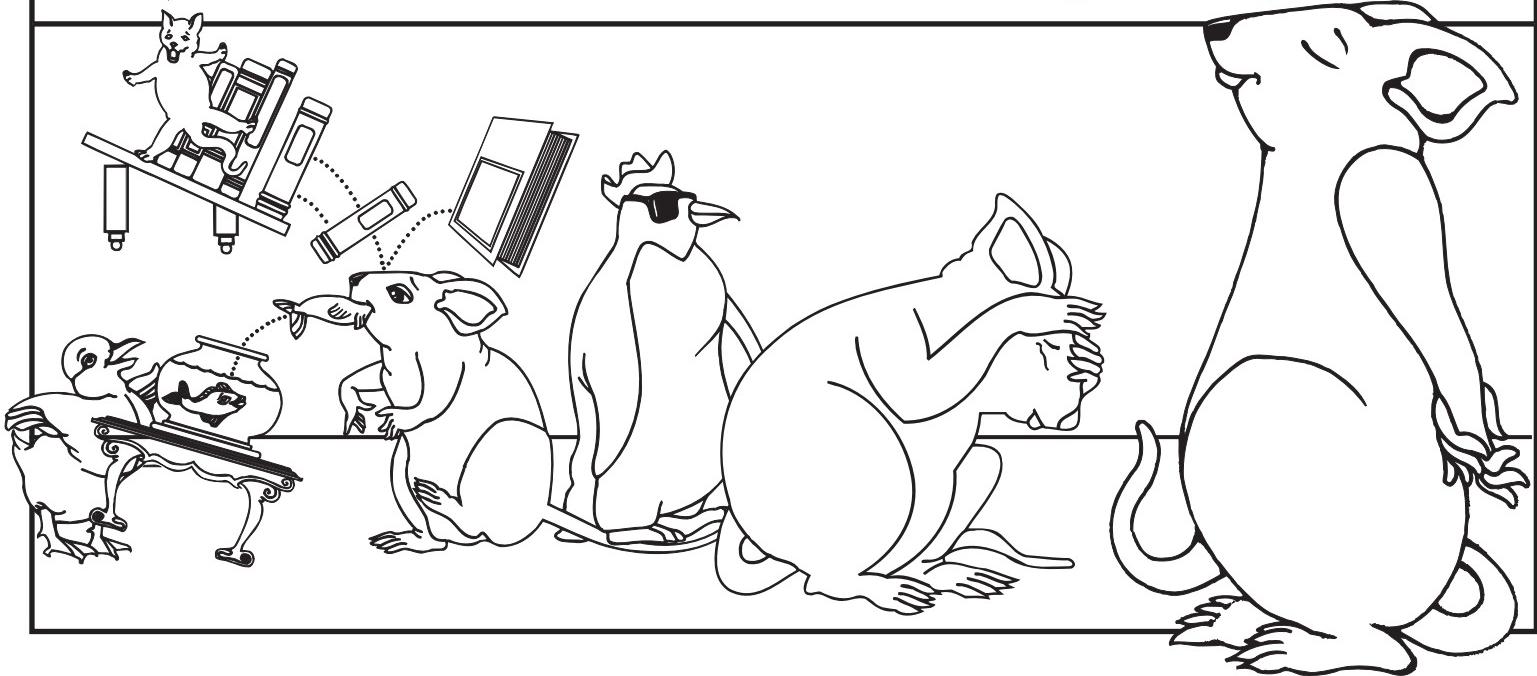
You make your own future.







Turning our backs on all of the things that may be unpleasant to us will not bring happiness. But if we observe our reactions as they are taking place and then later, the same day, turn a calm, detached eye toward the experiences that caused these reactions, we will bring understanding through the controlled state of meditation. We can start doing this today.



We can become free of our personal fears and desires by bringing our mind under the control of concentration in everything that we do. When we are confused, we do not feel like concentrating. But this is precisely the time for concentration. If we concentrate when we do not want to and when we are feeling confused, we will bring peace to disturbance. Peace is control, and control is freedom. But all of this takes willpower and practice.

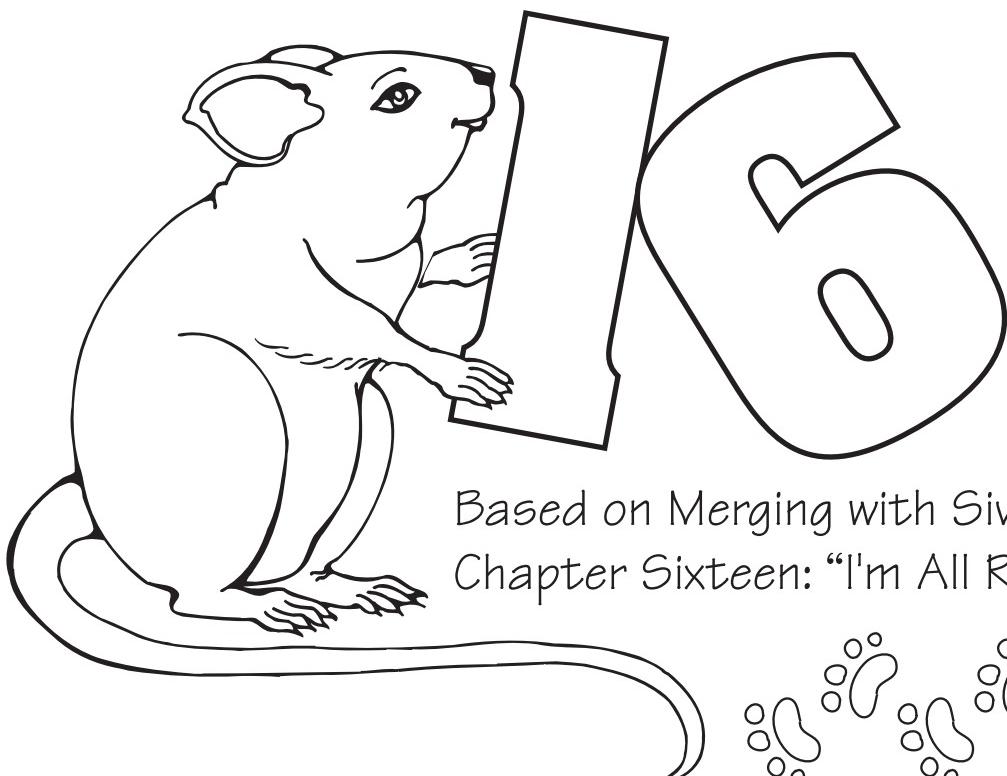
People like patterns. The subconscious has a natural tendency to resist change. It is slow to realize that life is constant change. It requires a daring, spirited nature to step out of the routine into a fuller and freer life. It requires daring to leave behind confused states of mind and bring forth new knowledge or wisdom from meditation. Control is always silent power. Emotion, confusion and lack of control is noisy weakness. We have the choice and the power to live our life in peace or confusion. Which do you want?



# Questions about the 15th adventures of Mystic Mouse.

1. What are some of the simple guidelines for a religious life that are provided by the yoga system? How do they help us on the path?
2. Why do people often not follow these guidelines?
3. How can we use these guidelines to help understand our reactions to the more challenging experiences of life?
4. What can we learn from the experience of standing close to the edge of a mountain cliff?
5. What is the wisest way to handle life's small challenges?
6. How can we create the future the way we want it to be?
7. What happens if we direct all of our thoughts and feelings toward goodness?
8. What happens if we hold the feeling that everything happening to us is a play of universal love?
9. What happens if we look our nature right in the face without squirming?
10. What happens if we turn our backs on the experiences of life that are unpleasant to us?  
Please explain.
11. Please explain the story of facing life's tests in your own words.



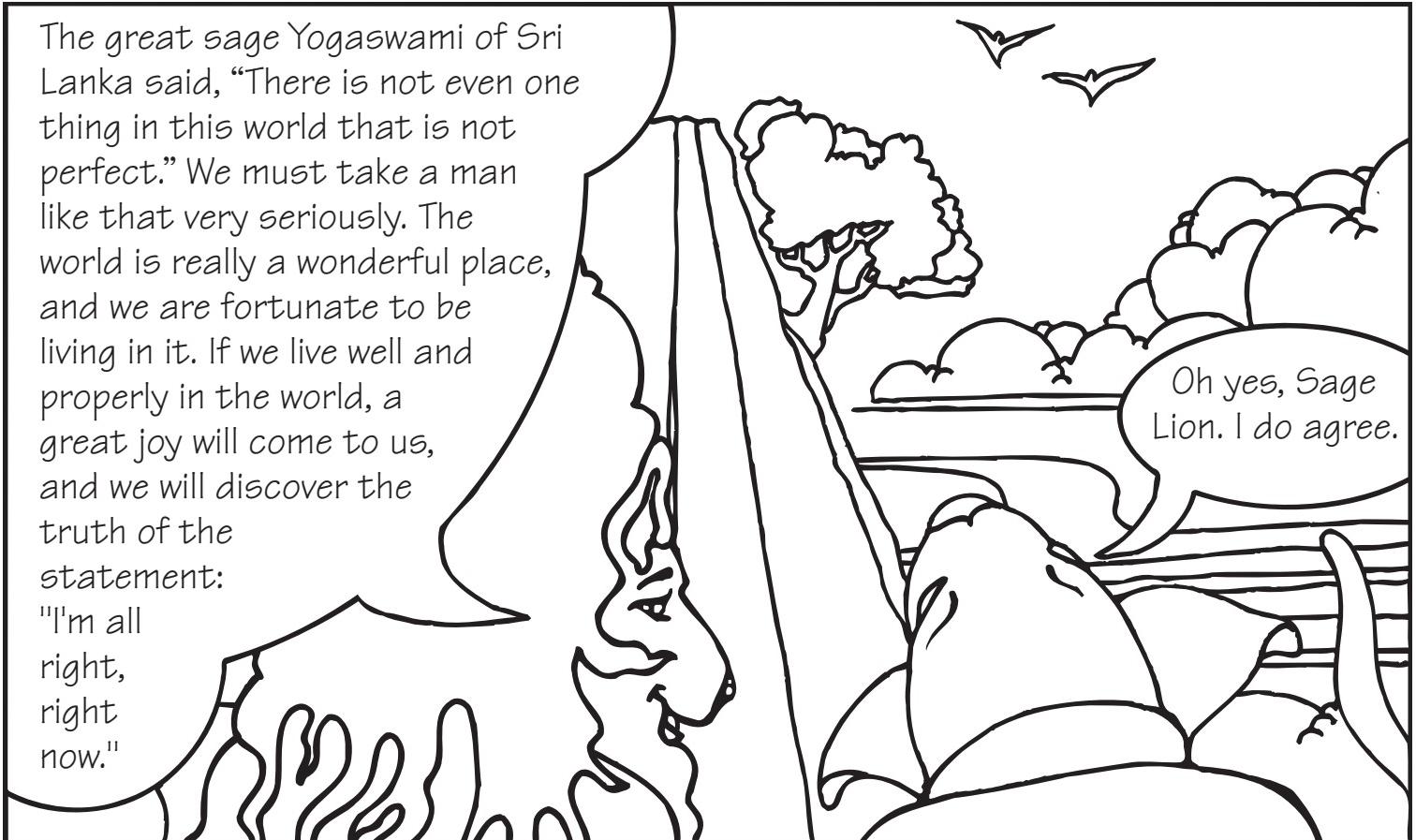


Based on Merging with Siva, Part One,  
Chapter Sixteen: "I'm All Right, Right Now"



# I'm All Right, Right Now

The great sage Yogaswami of Sri Lanka said, "There is not even one thing in this world that is not perfect." We must take a man like that very seriously. The world is really a wonderful place, and we are fortunate to be living in it. If we live well and properly in the world, a great joy will come to us, and we will discover the truth of the statement:  
"I'm all right, right now."



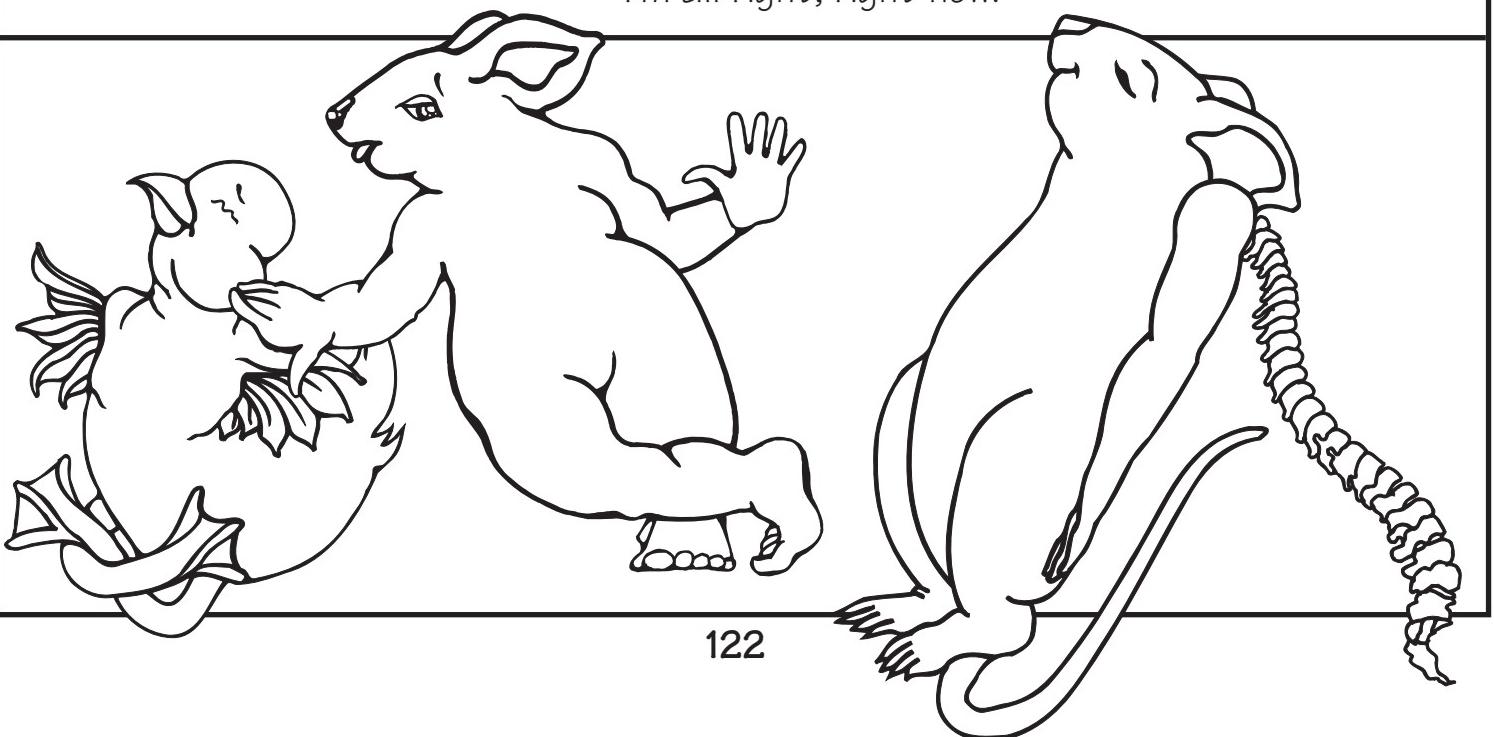


The first thing to do on the path is to change our way of looking at life. In the beginning we read a lot of books. A book is a map. After we read these books, we must decide whether or not we want to change our beliefs, attitudes and lifestyle. Once we have decided to make these changes, we do not need the books any more. We can begin walking the path to wisdom by admitting and adjusting our negative habits of living.



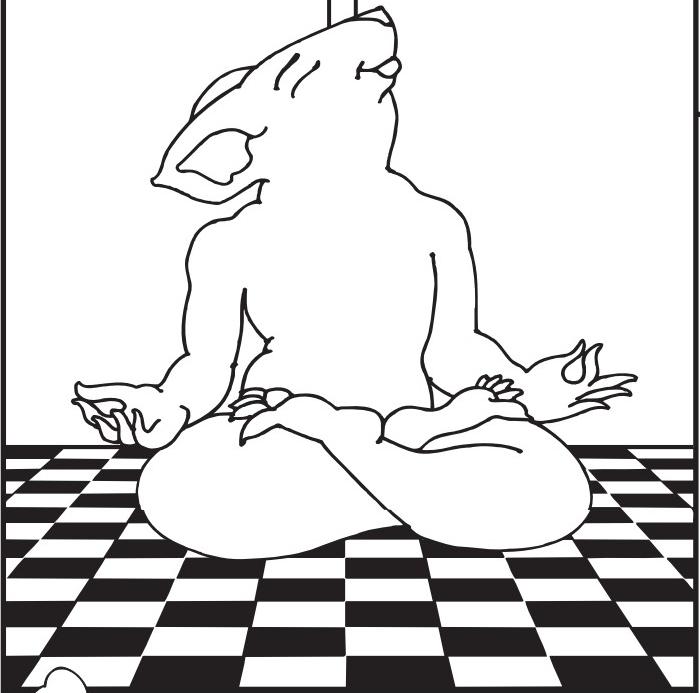
The second thing we must accomplish is to learn to lean on our own spine. Everyone today wants to lean on someone else. We lean on our families until they push us out into the world. Then we lean on our friends until they can't help us anymore. But still we keep on leaning. We must learn to lean on our own spine. Again, we can start doing this by feeling:

"I'm all right, right now."



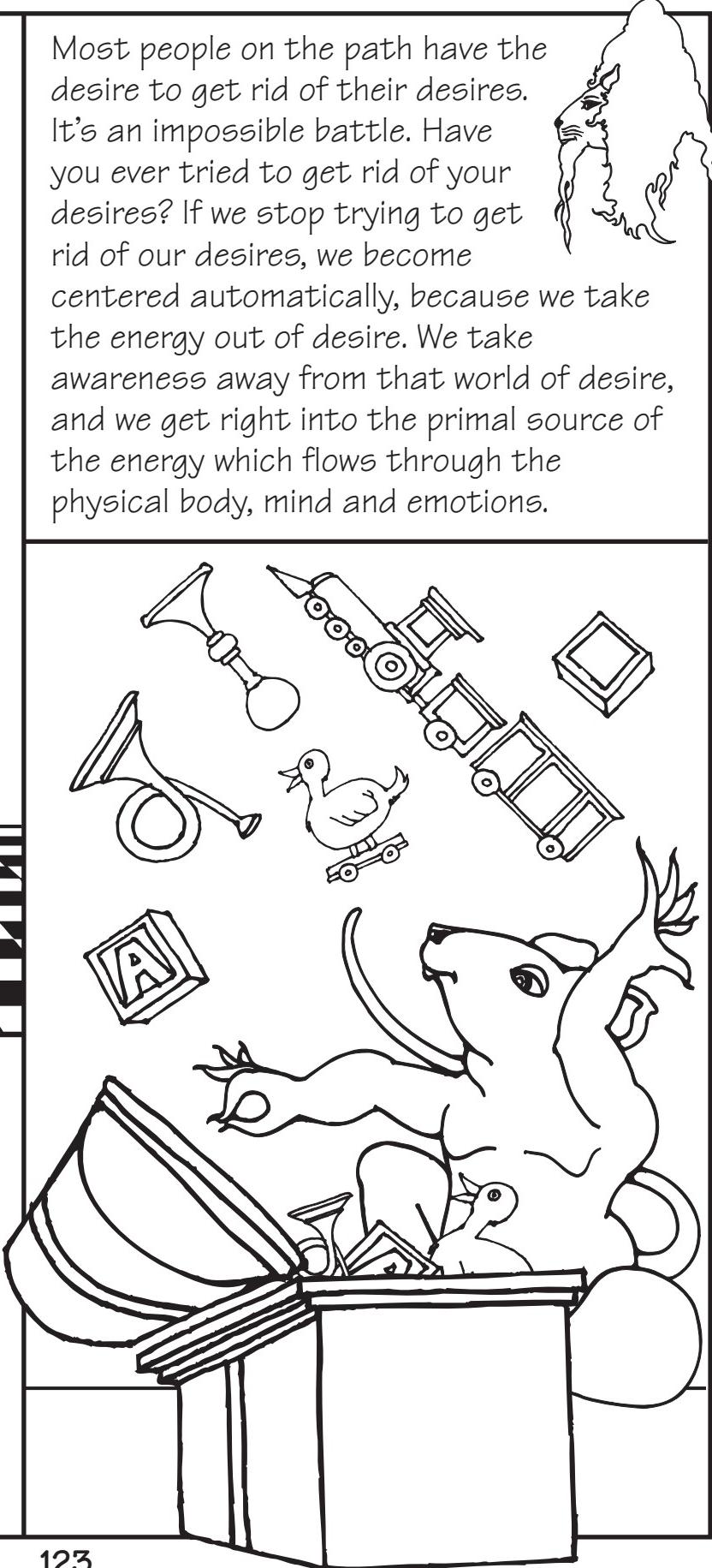


Most people on the path have the desire to get rid of their desires. It's an impossible battle. Have you ever tried to get rid of your desires? If we stop trying to get rid of our desires, we become centered automatically, because we take the energy out of desire. We take awareness away from that world of desire, and we get right into the primal source of the energy which flows through the physical body, mind and emotions.

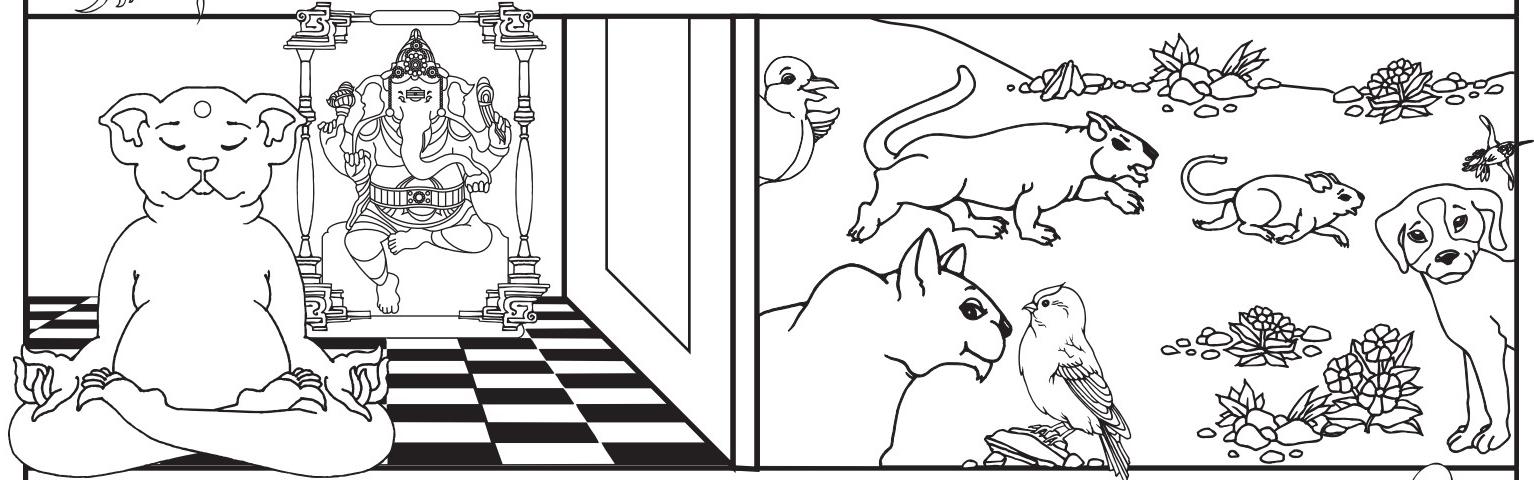


When we lean on our own spine, we discover a feeling of center. "Being centered" means feeling the primal source within. We want to feel so centered that we

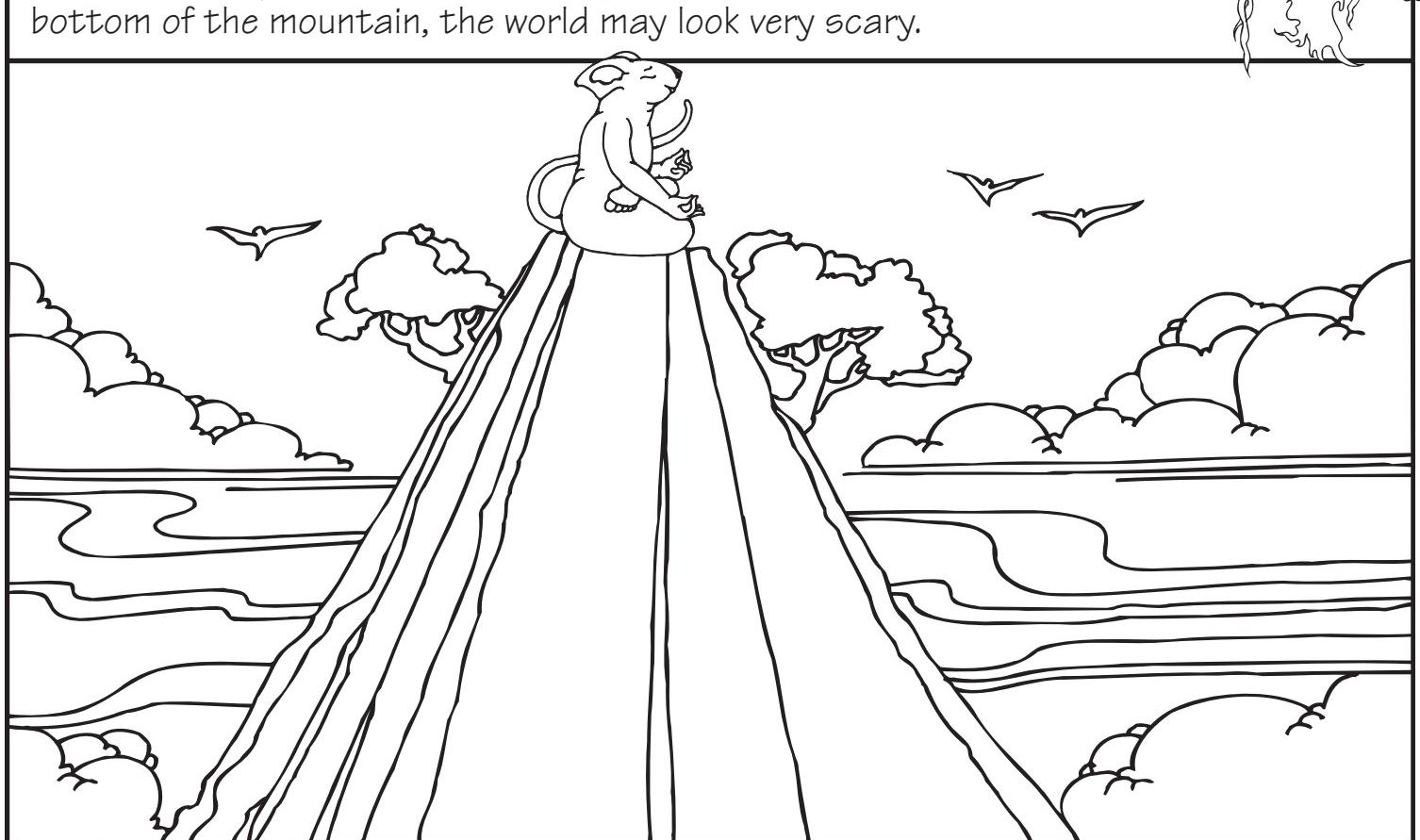
ARE the center. Isn't it true that we always ARE something of what we feel, whether it be our hands or our legs or our bodies or our emotions or our desires? BE the center!

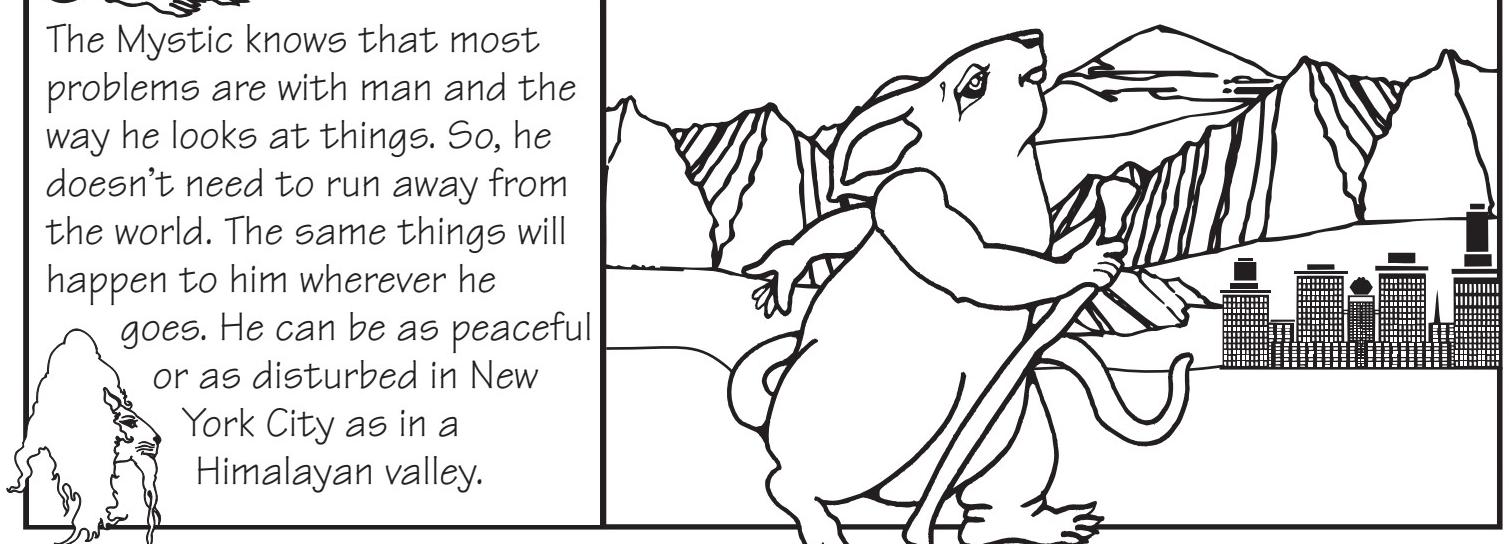
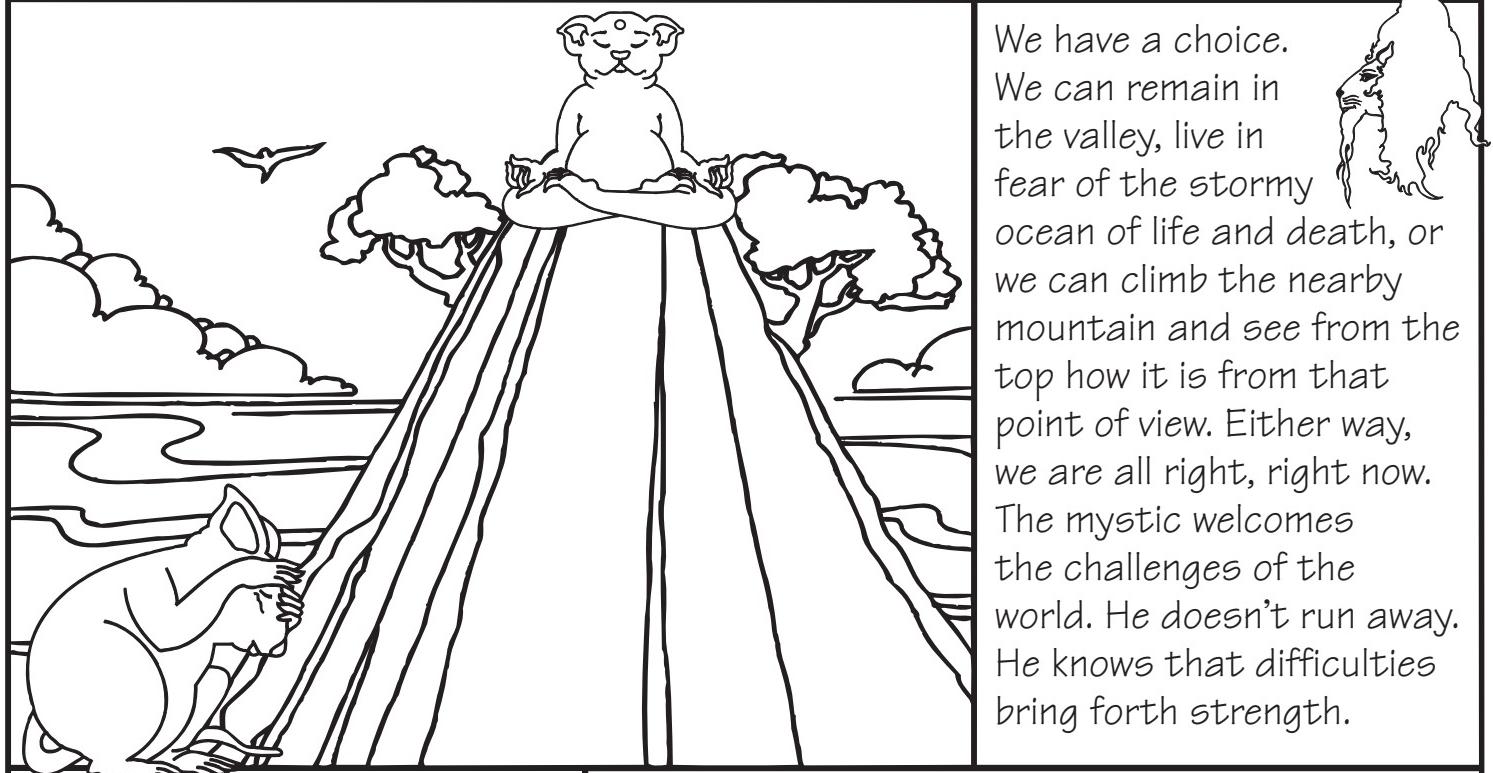
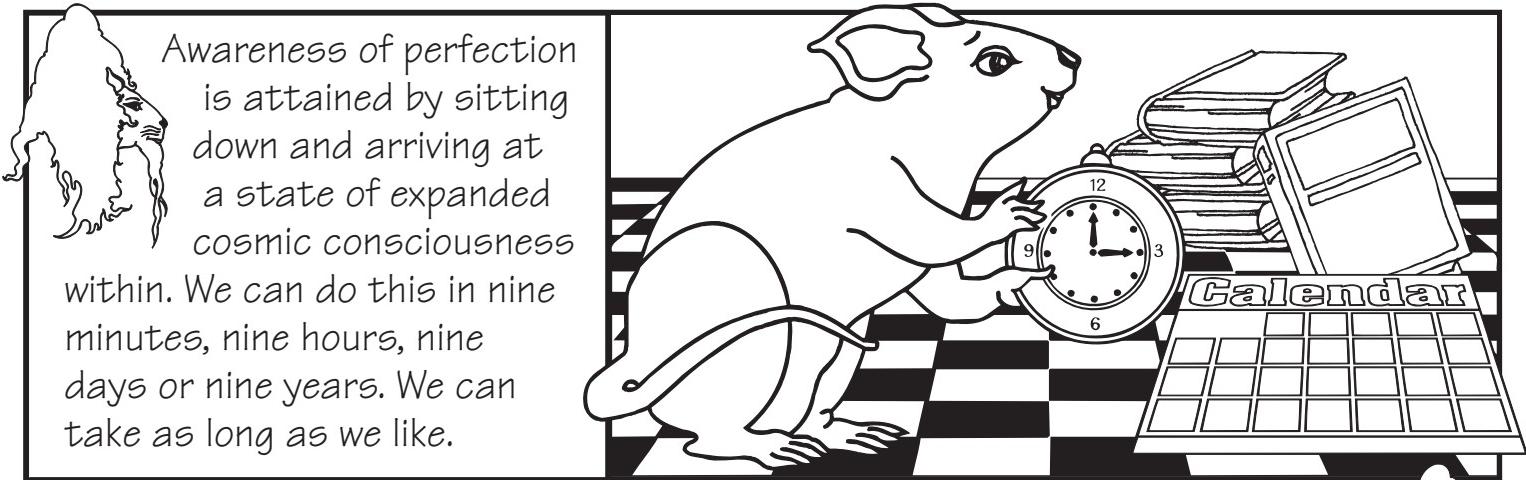


When we begin meditation, we must find a good place and be among good people. We should meditate alone and not talk about our meditations to anyone except the person who is helping us on the path. Meditation is an inner process. If we approach it in the proper way, inner things will happen to us, and our outer life will become better and better and better.



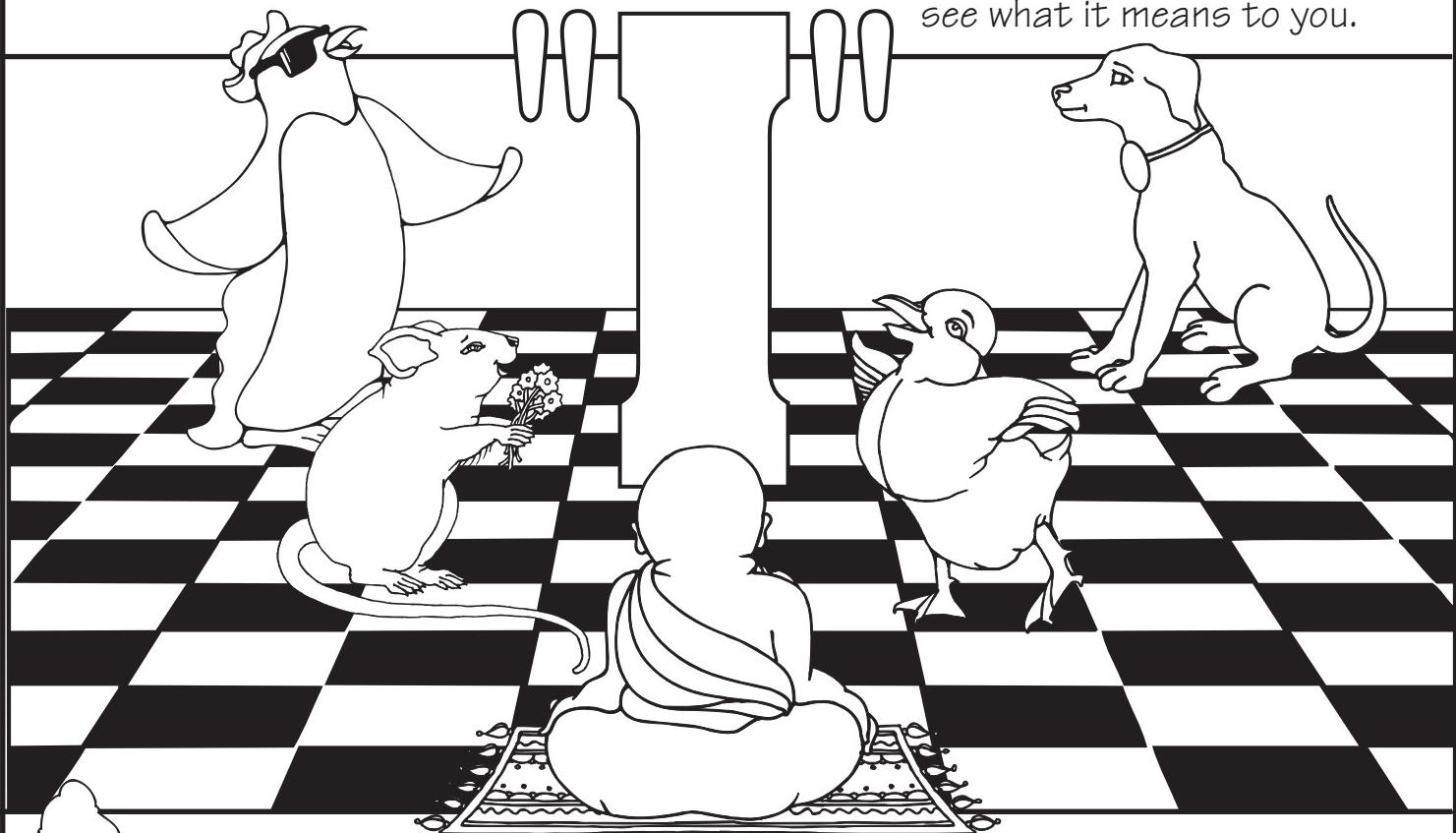
By changing ourselves on the inside through meditation, we realize that the world is functioning just as it should be. From this position at the peak of consciousness, like being on the top of a mountain looking down, we see the world in a perfect balance of adjusting forces. However, from the bottom of the mountain, the world may look very scary.





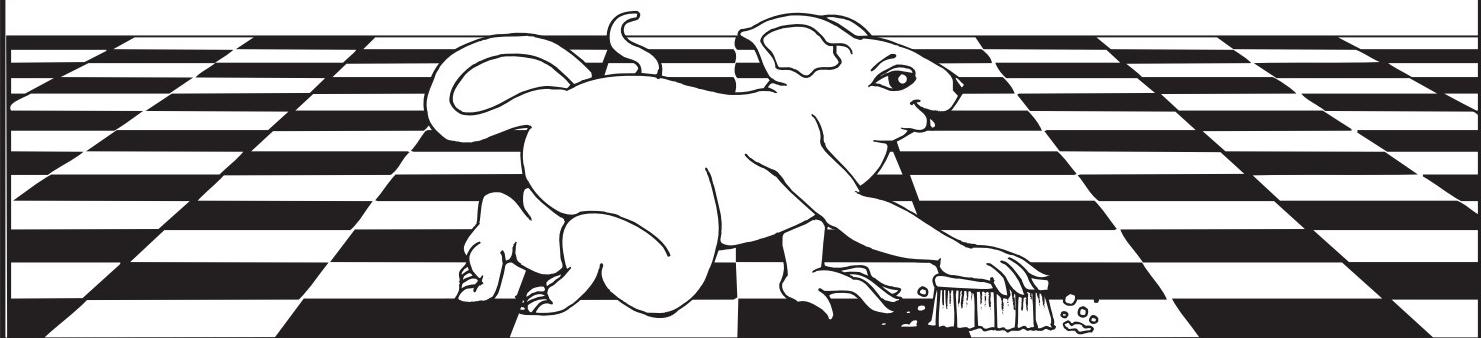


We have to examine this concept of who we are. When we begin to feel completely that we are all right within ourselves, the meaning of the word "I" begins to change. "I" no longer means the body. "I" means energy, awareness and willpower. Soon we gain the total truth that we are living in the body, but we are not the body we live in. Examine the word "I" and honestly see what it means to you.



Return to the source. Merge with Siva. At the source there is always peace.

The key to this entire practice is to become consciously aware of energy. In this constant remembering we have the feeling of being the center of the universe. It's easy to live in the now if we work with ourselves a little every day and concentrate on what you are doing each moment. You can do this any time—even when you are scrubbing the floor.





Once you have gained control of awareness in meditation, try to sit quietly each day and just be. Don't think. Don't plan. Don't remember. Just sit and be in the now. That's not as simple as it sounds, for we are accustomed to novelty and constant activity in the mind and not to the simplicity of being. Just sit and be the energy in your spine and head. Feel the simplicity of this energy in every atom of yourself. Think energy. Don't think body. Don't think about yesterday or tomorrow. Now is the only time. This simple exercise of sitting and being is a wonderful way to wash away the past, but it requires a little discipline and practice.



We have to discipline every fiber of our nerve system and work with ourselves to keep the power of awareness expanded. Regular practice of meditation will bring us intensely into the eternity of the moment. Practice comes before philosophy, advice, psychology and all intellectual thought. We have to practice to keep awareness here and now. If we find ourselves disturbed, we sit down and consciously quiet the forces. We don't get up until we have completely quieted our mind and emotions through regulating the breath, through looking out at a peaceful landscape, through seeking and finding understanding of the situation. This is the real work of meditation that is not written much about in books. If we can live in the eternity of now, our life will be one of peace and fulfillment. We must try to stay at the pinnacle of consciousness, balanced between past and future. Everything is in its rightful place in the master plan of evolution. Let it be and be.



# Questions about the 16th adventures of Mystic Mouse.

1. Is there anything in the world that is not perfect? Explain.
2. What do we learn from books about the spiritual path?
3. Is it good to lean on others for security? Explain.
4. What does Sage Lion mean when he talks to Mystic Mouse about "being centered"?
5. What is the best way to handle desire?
6. Where is the best place to meditate?
7. What happens to us when we meditate?
8. Describe the "mountain-top consciousness"?
9. How can we attain an awareness of perfection?
10. What do you discover when you examine the word "I"?
11. Please explain this story of NOW consciousness in your own words.

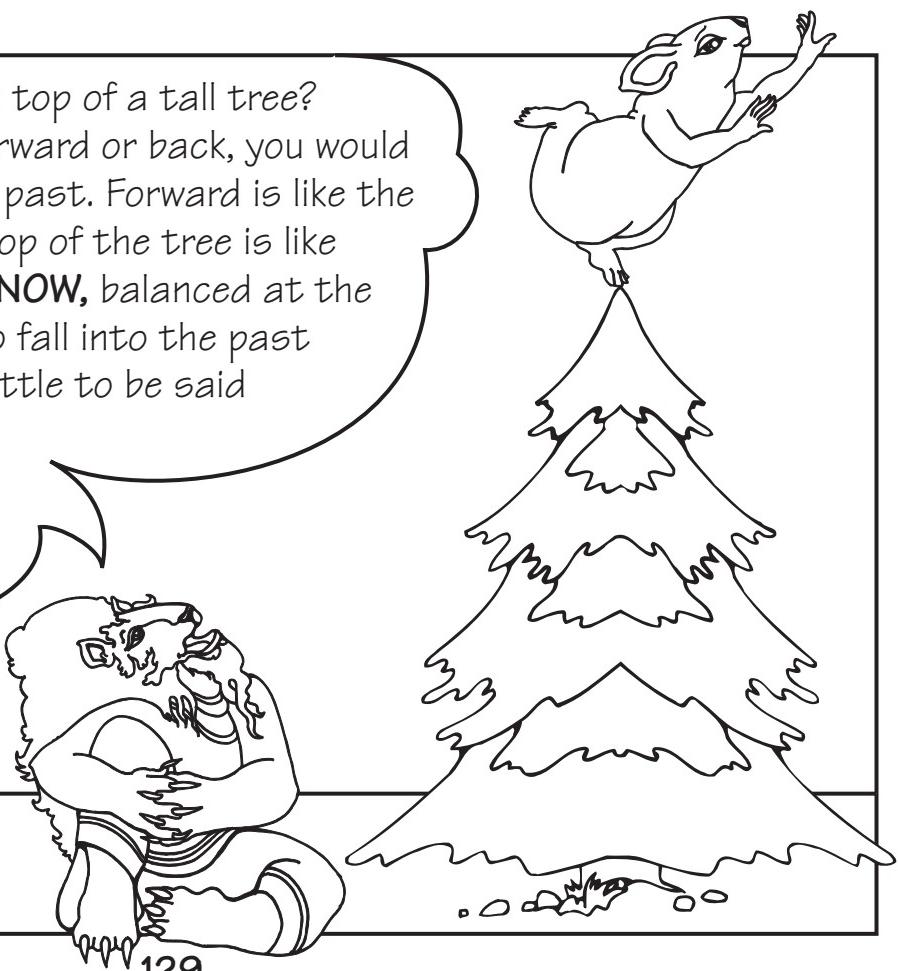




Based on Merging with Siva, Part One,  
Chapter Seventeen: "The Eternal Now"

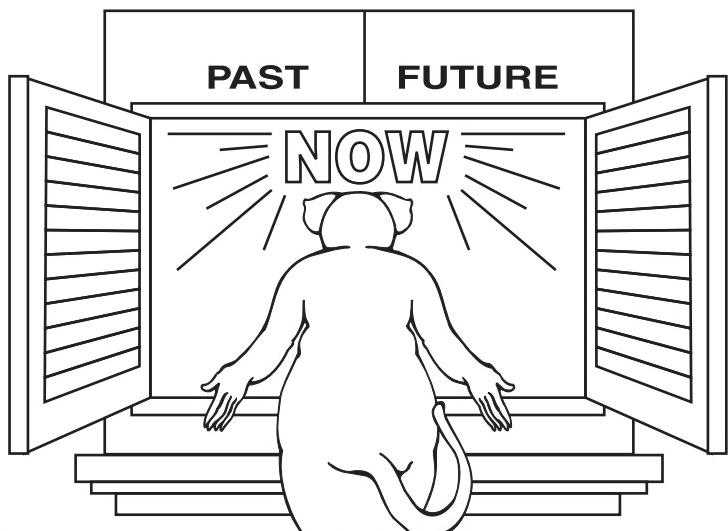
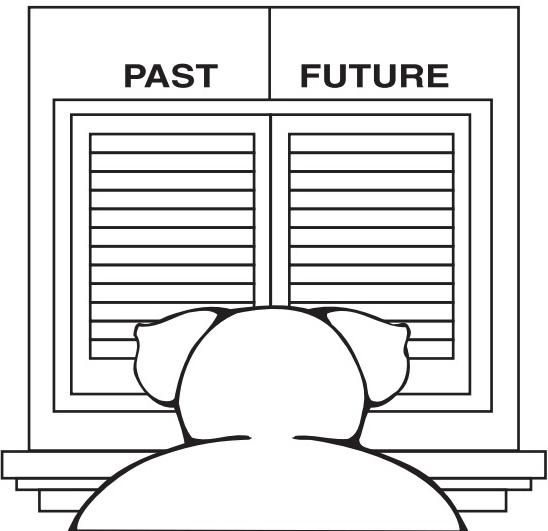
# The Eternal **NOW**

Pretend that you are balanced on top of a tall tree? If the tree were to bend too far forward or back, you would fall to the ground. Back is like the past. Forward is like the future. A perfect balance at the top of the tree is like the **NOW**. We want to stay in the **NOW**, balanced at the top of the tree. We do not want to fall into the past or the future. There is really very little to be said about the eternal **NOW**. You have to live in it, and in living in it you discover a higher state of consciousness than you have experienced in your entire life.

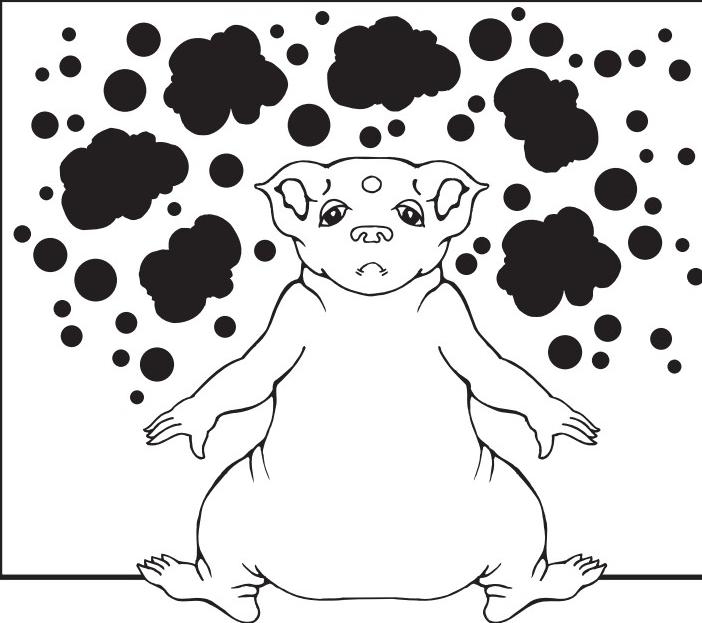




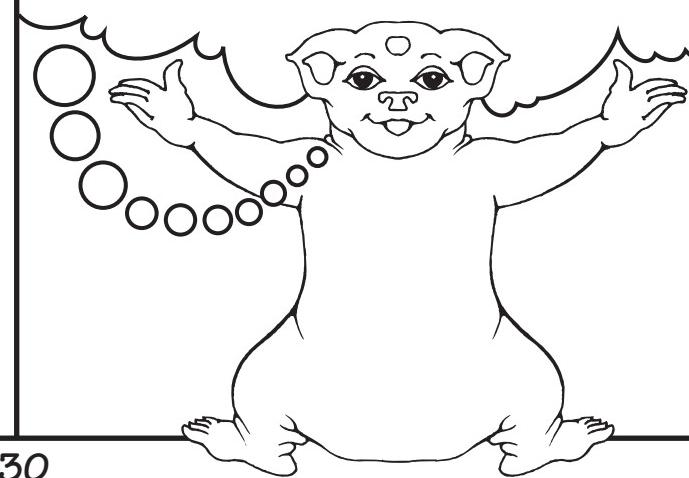
What is the NOW? We all know what the past is. Many people live in the past, over and over again. They just never quite catch up with the present. Other people live in the future. The ability to live in the NOW, is a spiritual power. But it is a spiritual power that we all have. We just have to learn how to use it. When we quiet the mind, we live in the NOW. To quiet the mind is simple, but it is not easy. It takes practice. And practice takes willpower.



There is a formula for attaining the eternal NOW. If you can remember it, you can center yourself within yourself very quickly and settle into the present moment. Imagine yourself worried, bothered and disturbed. In the midst of your disturbance say to yourself, "I am all right, right now. Just this instant, I am all right." What a shock to the disturbed part of your mind! It will not only be shocked, it will be shattered out of its disturbance.



I'm all right, right now!

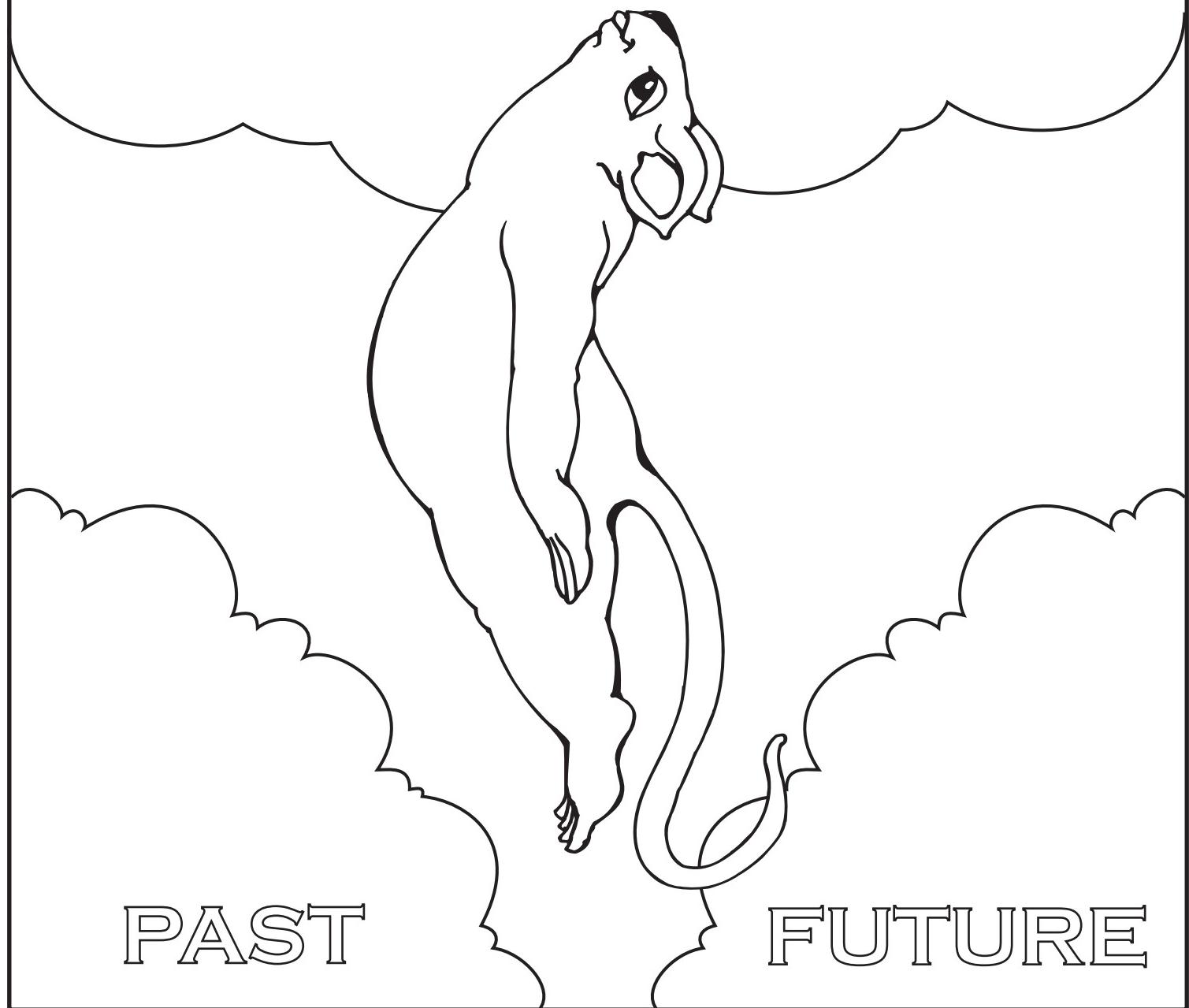




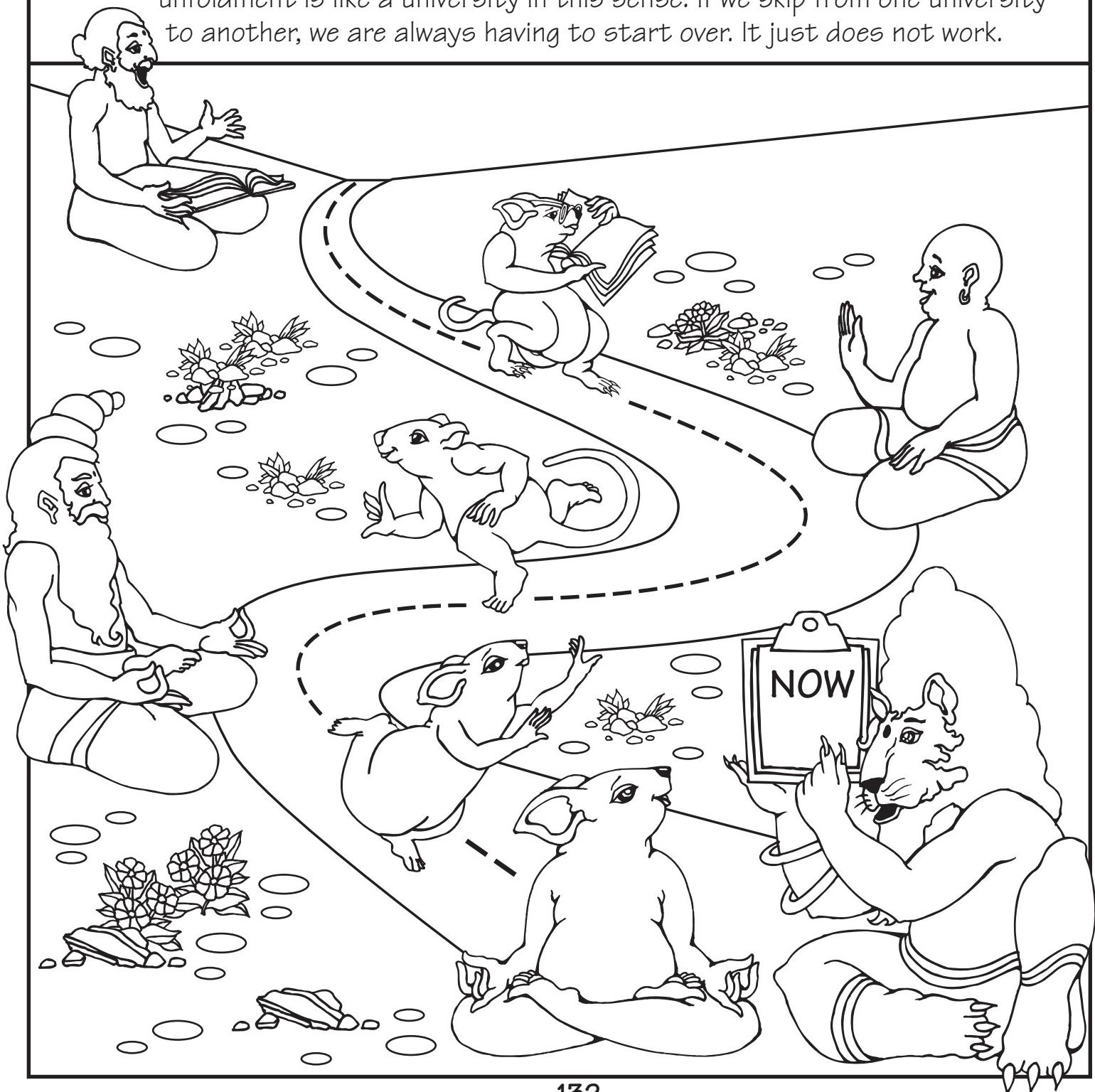
**"I'm all right, right now."** Let the feeling of these words vibrate within you.

But remember, living in the NOW lifts us into a higher state of mind. We must use our will to continue living in that higher state. When we continue living in the NOW, something mysterious and wonderful begins to happen. Our soul begins to work out our spiritual destiny. But this can only happen when the mind is quiet. The mind becomes quiet in the NOW,

## SUPERCONSCIOUS

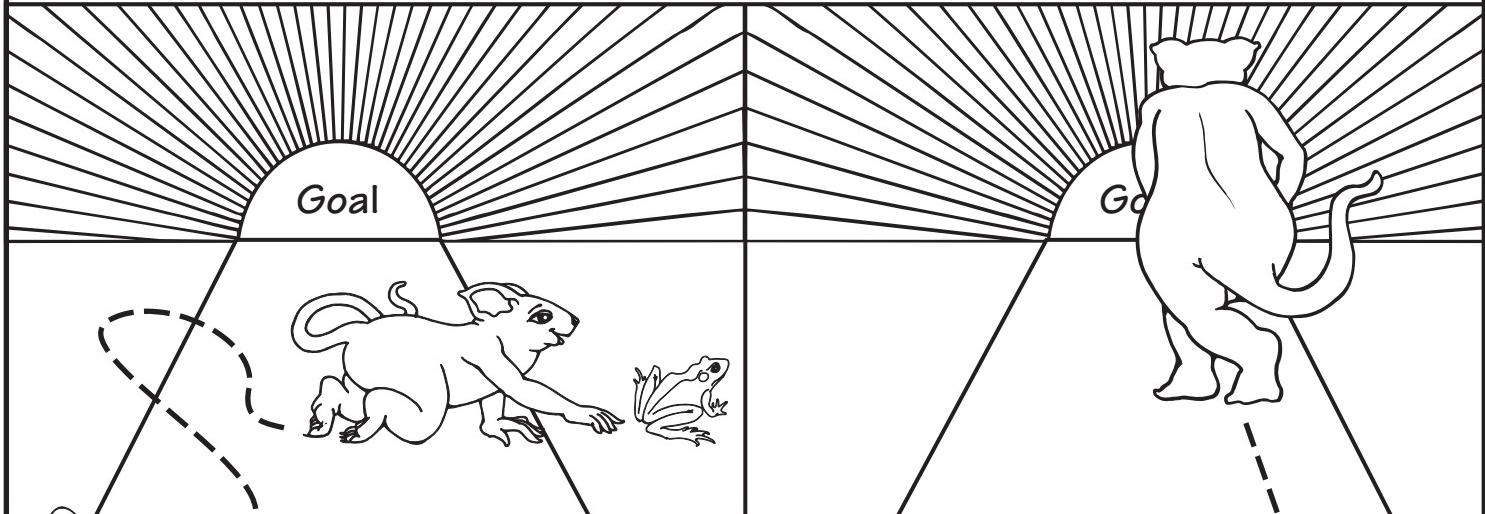


There are those on the path who run from one teacher to another. They stay with one just long enough to find fault with him. This gives them an excuse to avoid his teaching and move on to someone else. Such people are far from the stability of living in the eternal NOW. As soon as they discover something negative within themselves that they should face and overcome, they blame it all on someone else and run away. Spiritual unfoldment is like a university in this sense. If we skip from one university to another, we are always having to start over. It just does not work.

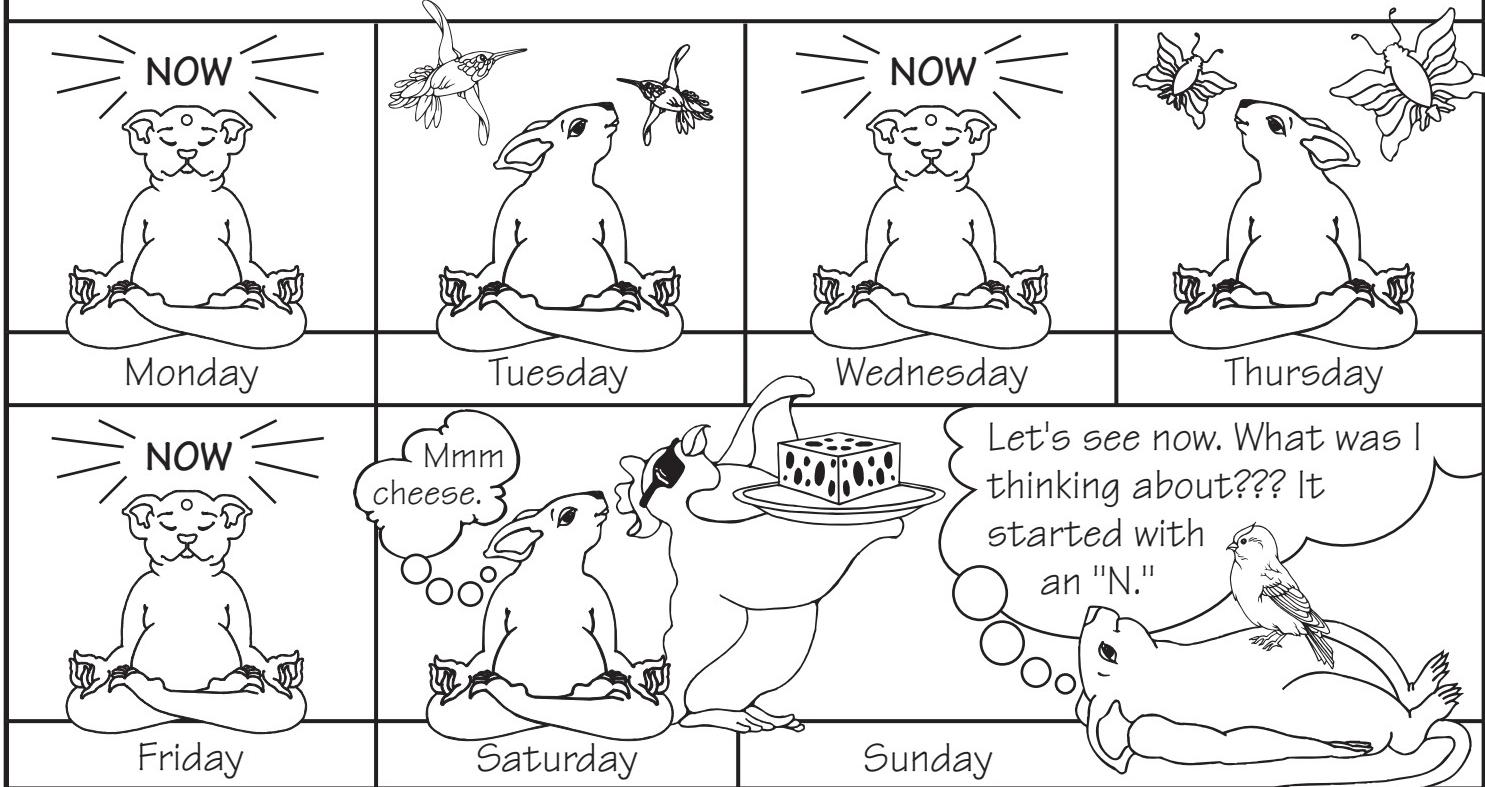




We all set goals for ourselves. Then, because we have a strong reaction of some sort, our enthusiasm dies. We may even forget our goals. We forget when we reach that part of our mind that does not want to understand. This is our instinctive nature. If we cannot control these instincts, it is like going along in a straight line and suddenly bouncing off in another direction.



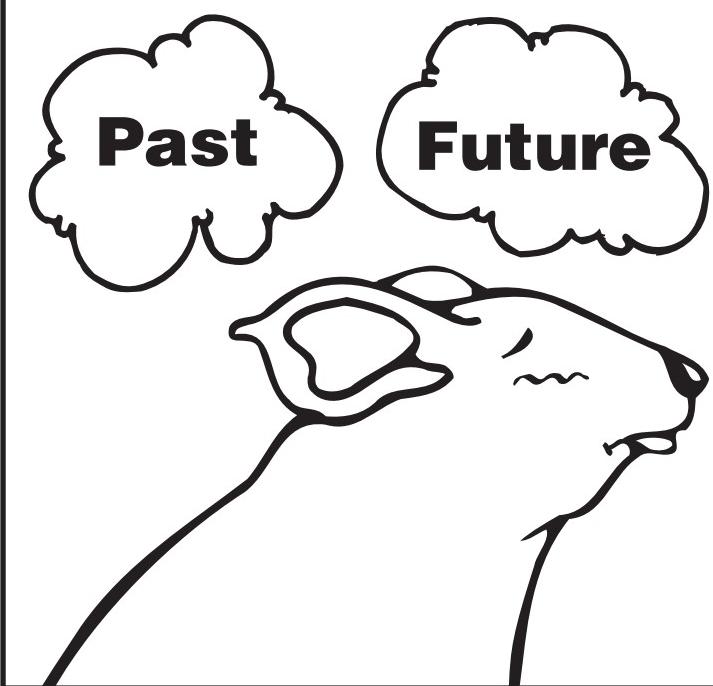
This continues on and on. After much study and discipline, the principles of spiritual life finally become permeated through our entire being, and we remain content in the NOW. But this takes time. Today, we might remember the NOW. But tomorrow, we will forget. Keep working to remember.





First, we learn about the NOW. Then we discover it through experience.

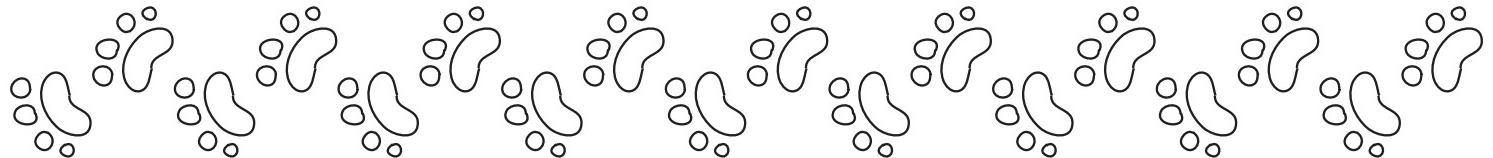
Everyone has the personal ability to withdraw awareness from the past and future into the NOW. Learning to use this ability, however, takes time. Living in the NOW is a very important yoga practice. When we are able to live in the NOW, we can look out upon the world of thought and emotion without becoming deeply involved. This allows the soul to grow.





When our mind is disturbed, our feeling is personality-centered. When our mind is quiet, our feeling is more subtle. This subtle feeling is superconscious. The feeling part of our nature is very powerful. If we really feel that we are the complete master of our body, we are also feeling Lord Siva's life force within us. We are also feeling our will dominating the mind. Our will is our soul in action. We must try to feel the real core of ourselves, the real "I am."

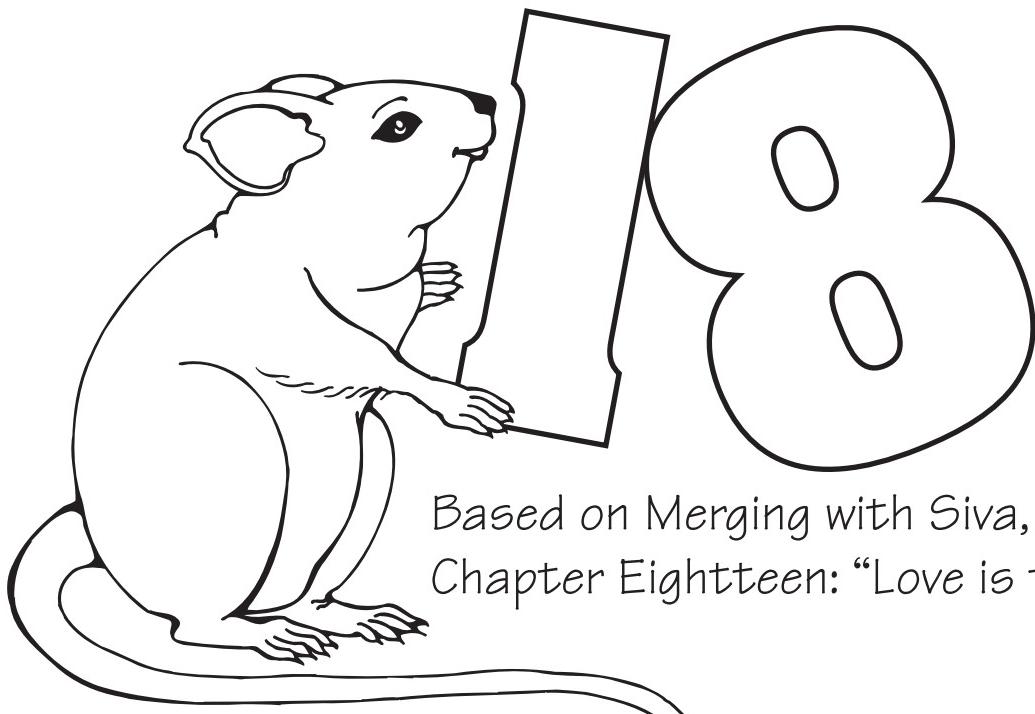
Tell your subconscious mind twenty-four hours a day that this is true: that you are the master of body, mind, and emotions. In one instant of realizing, knowing and feeling this to be true, you will find that you are all right, right NOW, in this instant. You will find yourself entirely free from fear, worry, and doubt. If you live completely like this, regardless of your circumstances—then your circumstances will adjust themselves to you.



# Questions about the 17th adventures of Mystic Mouse.

1. Why is Mystic Mouse standing balanced on top of a tree.
2. If living in the NOW is so easy to understand, why is it so difficult to do ?
3. If we are worried, bothered or disturbed what can we tell ourselves to immediately be in the NOW?
4. What does it feel like to live in the NOW?
5. What do learn when we run from one teacher to another on the spiritual path?
6. Is it good to set goals for ourselves? Please explain.
7. Please give an example of setting a goal in meditation.
8. What happens to us when we try to live in the NOW day after day after day?
9. Please repeat "I'm all right, right now" 108 times and explain how this affirmation makes you feel.
10. Are you all right, right now?
11. Please explain this story of the eternal NOW in your own words.





Based on Merging with Siva, Part One,  
Chapter Eighteen: "Love is the Sum of the Law"

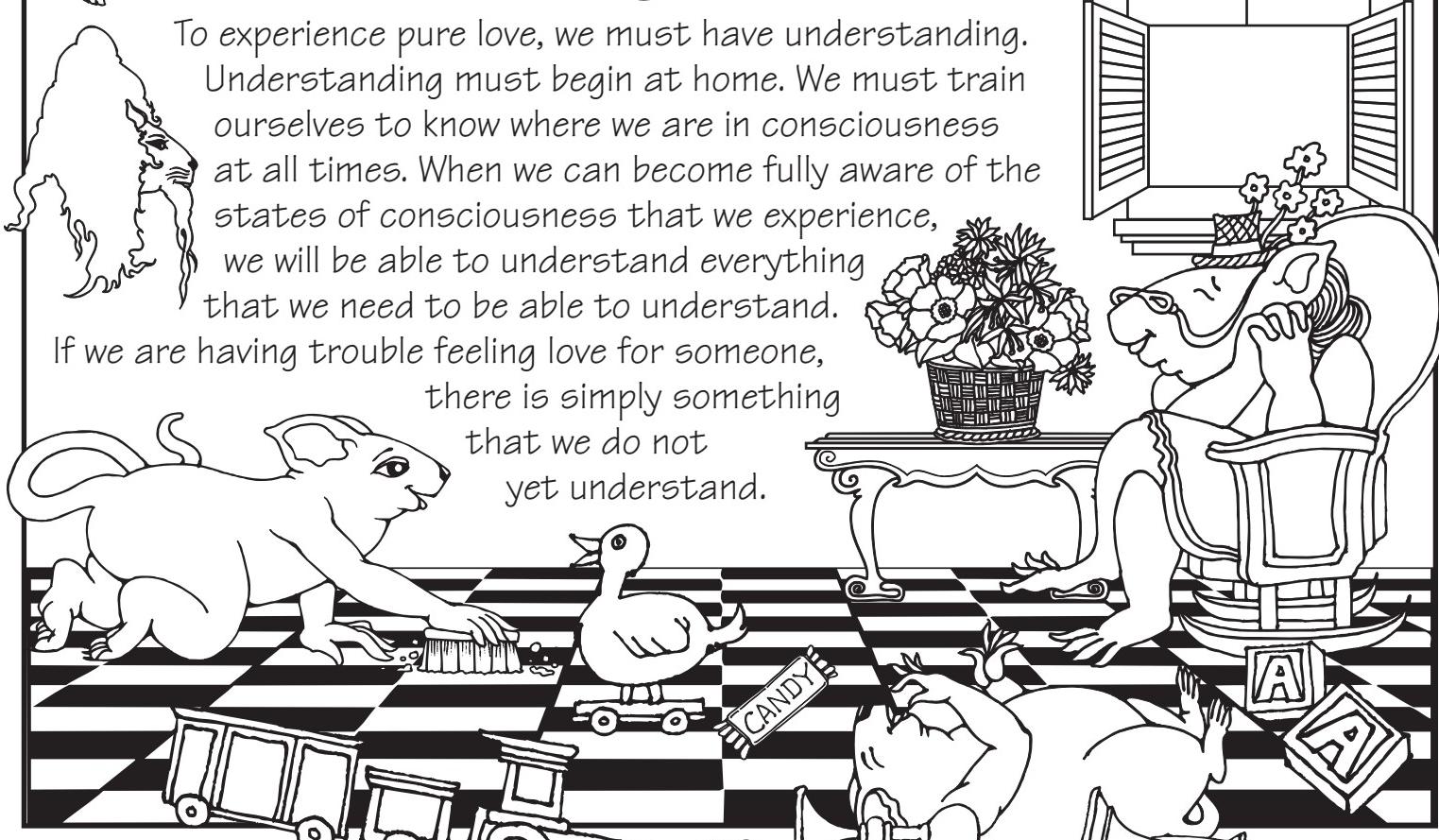
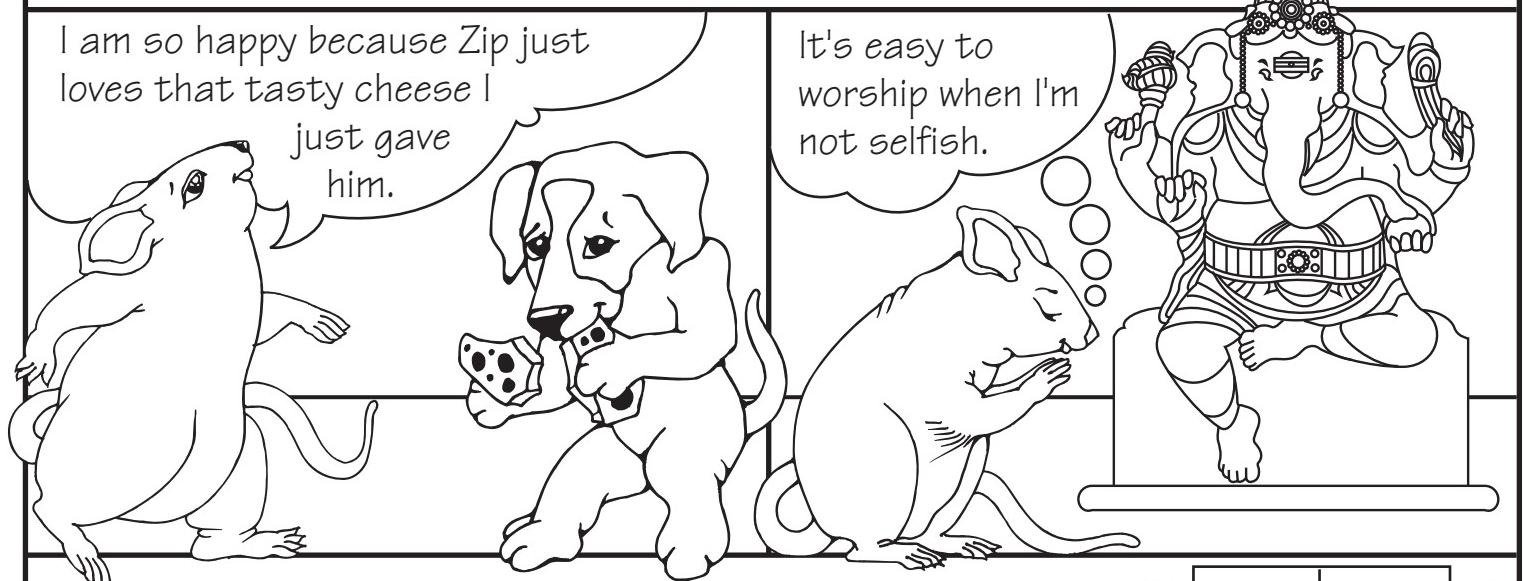
# LOVE

Pure love is the sum of all the spiritual laws. Pure love is the heart of the mind. Pure love has nothing to do with emotion, attachment or lust. It flows freely through the person who does not live in resentment, malice, greed and anger. Pure love is a state of Being. It can be found in giving. When a person begins to think more of others than he does of himself, he will find that there will be others who think more of him than they do of themselves. The love that he sends out will come back to him by the law of karma.





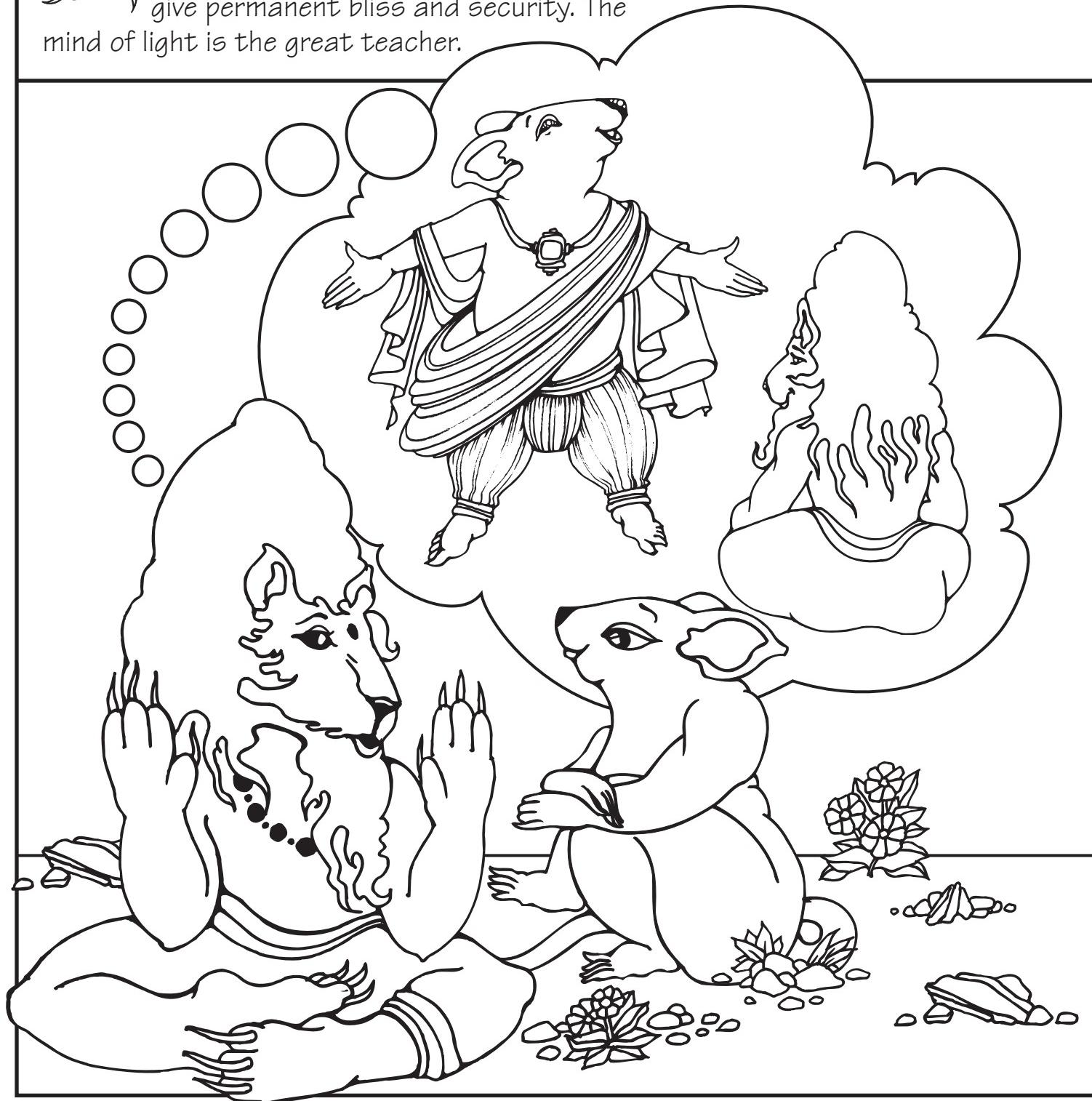
A person becomes relaxed and peaceful when he acts in a kindly manner toward someone else and loses himself in another's happiness. When we live in the instinctive mind we are constantly going back and forth between tension and release. This stops when the unfolding soul expresses itself by helping another and forgets personal concerns and hurt feelings. Helping others leads to devotion.





Who is the helper and who is the one who is helped? You have often heard teachers say, "Every time I give instruction, I learn more than my students."

Is the teacher giving the opportunity to the students to learn, or are the students giving the opportunity to the teacher? Obviously, it works both ways. Who, then, is the great helper? Only your superconsciousness can give permanent bliss and security. The mind of light is the great teacher.



If we take a spiritual pilgrimage to the top of a mountain, we have the opportunity to expand our awareness and look over the external states of the mind. It takes great devotion to disentangle awareness from that which it is aware of and to flow into expanded areas of mind. But the rewards are great. We are able to look through an expanded vision to see the totality of the exterior area of our mind and intuitively know the answer to the experiences that we are going through.

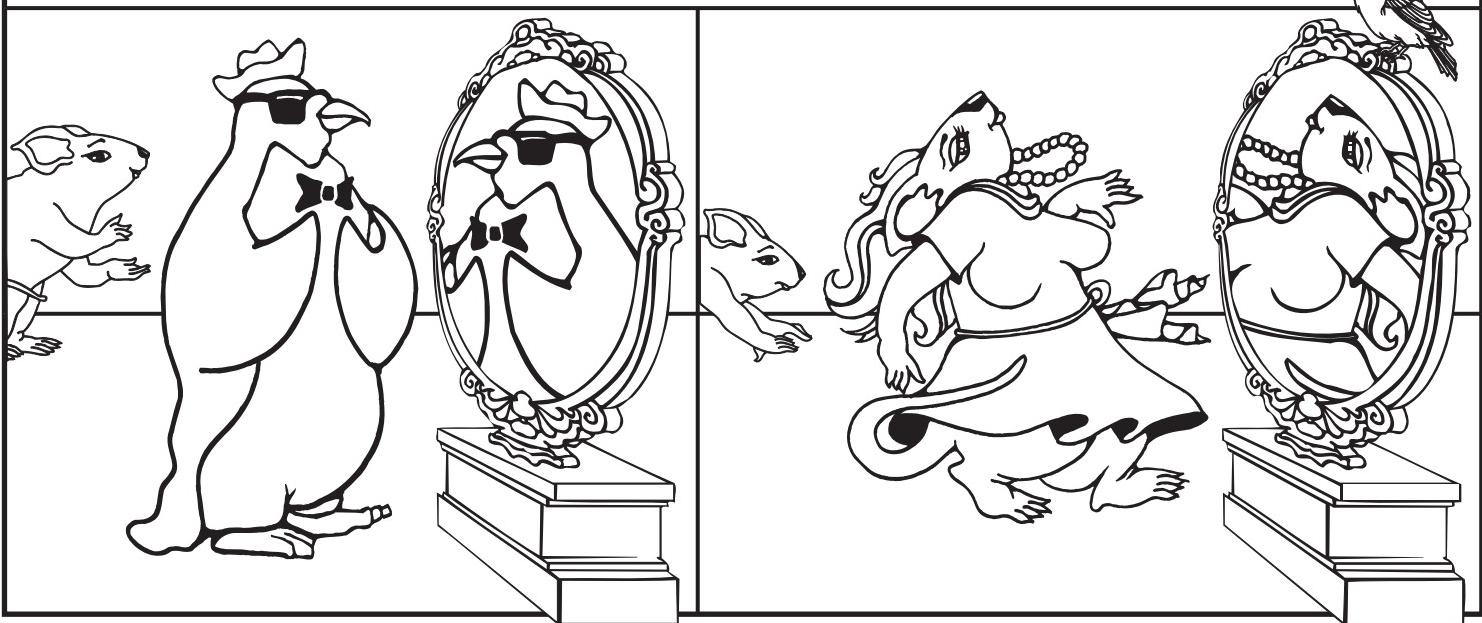


We begin to remove awareness from the external areas of the mind by feeling devotion right within our bodies. We get in love with our inner self and begin to study the qualities of our nature. We write these qualities down on a piece of paper and choose the ones that you want to keep. We cross out the qualities we do not like. We choose our qualities like we choose our clothes.

Let's see now. I am afraid of cats but that is good. Otherwise, they might catch me. I hide cheese and don't share it. Maybe I should not do that any more. I should share my cheese.



Many people spend much time thinking about what they are going to wear. Hour after hour they are shopping in the stores. If we were to add up the number of hours they stood in front of the mirror dressing the physical form, it would be quite surprising. How about the inside? Do we dress up the inside, too? We can, you know. We can choose what to wear inside.

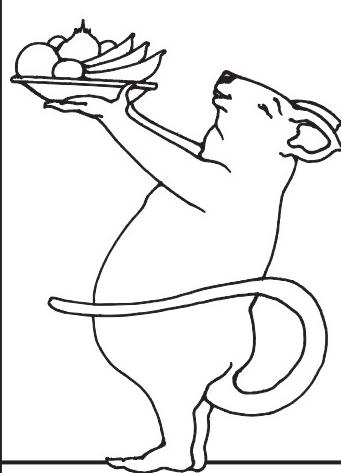


Take a piece of paper. List all of your duties. We must understand the importance of duty in our spiritual life. We do not find the path in books. We find the path in the way we handle our individual lives and the way we perform our duties. Paint a positive mental picture of yourself as you would look performing your duties.

It is my duty  
to be kind, nice  
helpful and friendly.



Now make yourself look like you appear in your mental picture. Sit quietly and breathe deeply, eyes closed. Review your mental picture and all of its nice qualities. Feel the tendencies of greatness within you. This spiritual greatness feels like a softening of love. It brings inner bliss and peace.

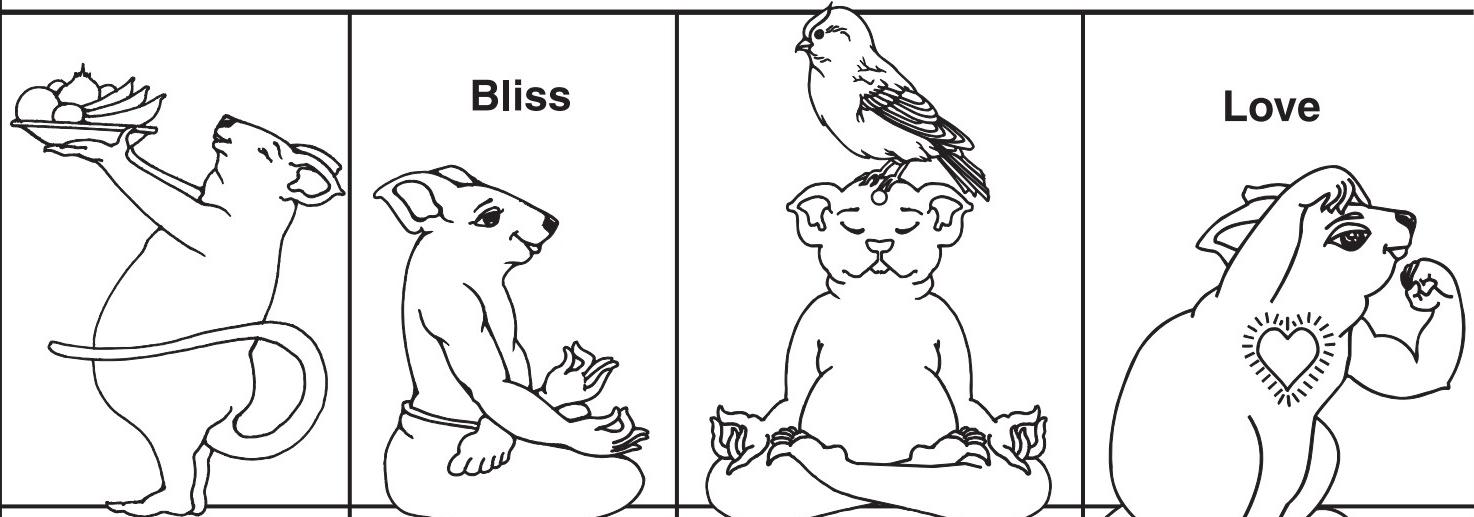


**Devotion**

**Bliss**



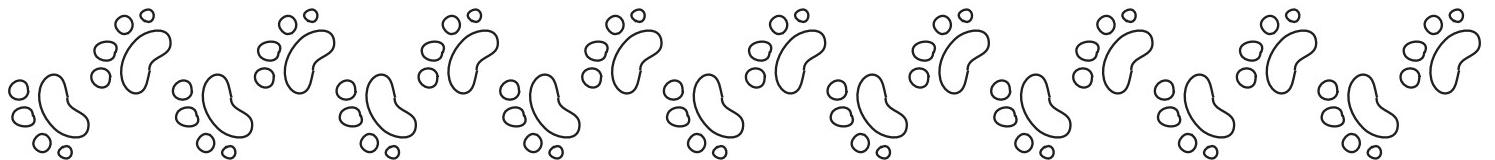
**Peace**



**Love**



We awaken the love nature through giving. Giving brings new life. Giving is very important for spiritual life. Until we learn to give abundantly, we cannot realize that we are not the giver. We are just a channel for giving. Everything comes to you when you are not attached to it. The power of giving is a very great power. We hear about yoga powers, such as the power of levitation and the power of suspended animation. But the truly great powers are the power of giving, the power of concentration, the power of the subconscious control over your mind, body and emotions and the power of universal love. These are practical powers that can be used today. When a seeker has unfolded to the power of giving, he doesn't think about himself very much. When someone has not unfolded into giving, he thinks about himself a great deal.



# Questions about the 18th adventures of Mystic Mouse.

1. When a person feels pure love does he or she think more of himself or others? Please explain.
2. What happens when we live in the instinctive mind?
3. What happens when we become fully aware of the states of consciousness that we live in?
4. Who learns more, the teacher or the student? Explain.
5. What happens to us when we take a spiritual pilgrimage to the top of a mountain? Please explain.
6. Please observe and write down all of the qualities of your nature as you see them. When you have finished this, cross out the ones that you do not want to keep.
7. How is dressing up the inside like dressing up the outside?
8. Why is duty important in spiritual life?
9. If you painted a picture of yourself at your very best, what would you look like?
10. What happens to us when we learn to give, give and give some more?
11. Please explain this story of LOVE in your own words.

